



CHIJ ST. JOSEPH'S CONVENT

JULY NEWSLETTER

2018

Dear Readers,

SJCians resumed school in term 3 with multiple performance and learning opportunities. In this issue, we will share highlights from our girls' sporting and performance arts achievements, as well as their rich service learning experiences and their culinary arts adventures in recent months.

Here's to a beautiful start to semester 2.

LEARNING FOR LIFE PROGRAMME (LLP): COMMUNITY PROBLEM SOLVING (CMPS)

WINNERS (UNDER 15 CATEGORY), SINGAPORE JUNIOR WATER PRIZE 2018



The winning duo with their collaborative fellow researchers and animators along with their teacher-coaches, Ms Ho Yan Yi (Chemistry and Biology teacher) and Mdm Serene Wong (Geography and English Language teacher)

CHIJ St Joseph's Convent's LLP adopts the CmPS approach. In Secondary One, students are exposed to community issues and learn about the importance of active citizenship and responsibility to the community. As a class, students will explore issues of concern to them, propose areas for further research and involvement, and subsequently, with the guidance of their form teachers, identify areas and partners for community involvement. In 2017, students in Secondary 2 Endurance chose water sustainability as the

issue of concern they wanted to work on. Using what they had learnt in Chemistry and Geography, they researched various water-saving contraptions and possibilities. In 2018, some of these students continued their research and along with peers from other classes who were similarly interested in this issue, they formed a group of 8 who participated in the Singapore Water Project. Eventually, a pair of them emerged First in the Under 15 category. Here are reflections from our 8 participants:

We learnt the importance of teamwork and perseverance. Although my partner and I were able to work together most of the time, there were still conflicts over the unbalanced distribution of work. Despite that, we resolve the issues. In addition, we spent hours writing reports and preparing for presentations, although it was exhausting, we never gave up. While we felt a bit disappointed as we did not win, it was a fruitful experience for us. If there are any opportunities like this in the future, we would like to participate again.

- Tay Xin Ru Rena (3E) and Insyirah Alyaa Binte Shannul (3F)

Participating was an enriching experience as we practised public speaking and teamwork. We also became more aware of current issues in Singapore such as managing an aging population and the nation's effort to achieve a stable water supply. We used to think that we could only contribute to the saving of water individually and through social media but having participated in SJWP, we are filled with ideas on how to conserve water for the nation on a bigger scale.- Veanna Ranka (3D) and Frances Alissa Samson Reyes (3D)

During the project, we faced many obstacles and we had to spend a lot of time after regular classes in school doing research. However, the time we spent together with the other groups really helped us to form a stronger friendship as we helped one another throughout this project. Singapore Junior Water Prize has also allowed us to practice report writing and also how to present our opinions with clarity and confidence. We also got to learn from students from other schools like Singapore Poly during the workshops at Ngee Ann Polytechnic. SJWP taught us many values like discipline, hard work and resilience, which were essential for us to get through this competition.- Jaedyn Goh (3E) and S Krithikga (3G)

During the first few meetings, we felt overwhelmed as we had to juggle CCA responsibilities, external appointments, school and this project. However, with Ms Ho's and Mdm Wong's encouragement and support from one another, we learnt to manage our time better and persevered. The most enjoyable part of this project was carrying out our hypothesis, as we got to interact with many people and we got to understand the needs of the young children. We learnt more than we thought we would. Overall, we had a positive experience and our hard work paid off as we later won the first place in the Under 15 category. This taught us to never give up in the face of obstacles as there will always be light at the end of the tunnel.

- Chan Khim Sun, Vivien (3D) and Valerie Oh (3E)

NURTURING PRECISION AND RESILIENCE – SHOOTING CCA

NATIONAL JUNIOR COLLEGE INVITATIONAL SHOOT COMPETITION 2ND & 3RD JUNE 2018

On the weekend at the start of the school holidays, our junior Shooters from the Shooting Club entered the National Junior College (NJC) Invitational Shoot Competition. The invitational shoot was a platform for lower secondary students to experience competition first-hand. In the qualifying round, 3 of our pistol shooters entered the final round for the Air Pistol Women's Event (APW), while 1 rifle shooter entered the finals for the Air Rifle Women's Event (ARW). Despite not winning the top places, our shooters put up a good fight through several elimination rounds before ending their respective games. One pistol shooter secured a 5th ranking while our rifle shooter secured 10th position out of the 24 finalists. Here are reflections from this gung-ho team of Secondary Two markswomen.

This competition taught me many values like resilience and perseverance. It also gave me an opportunity to represent my school but it did not start off as well as I expected it to. There were some issues I faced with my pistol at the start of the competition and I had to change to the spare gun. I ended up with only 15

minutes to sight my gun during the preparation and sighting time. I was really anxious when the competition started, worried that my sighting will not be accurate and that my hand will be shaky. When my teacher announced that I had gotten into the finals, I was on cloud nine. During the finals, I felt tensed and was worried that I will be the first person to get eliminated. Even though I did not perform well and get into the top few positions, I was grateful that I acquired so much from this competition. -Chin Jia Zhen Evelyn, 2E



Our gung-ho team of Secondary Two markswomen

This competition was definitely an excellent opportunity for me to gain exposure and build camaraderie amongst my fellow SJC teammates. The competition was tough as all the shooters were very competitive and focused. Despite that, I felt that it was overall an enriching experience and I am deeply honoured to be able to compete alongside some of the best shooters in this field.

- Genevieve Lee Jie Yi, 2D



Shooting like any sport involves making mistakes, learning from them, and growing. It is harder said than done, but eliminating this fear elevates your performance. Through this match, I have gained confidence and a positive mind-set. I have also learnt to not compare myself to others as it creates a sense of self-doubt and I might be distracted. Practice and hard work can allow you to accomplish almost anything in this sport. When I go up to the line to prepare, I always take a deep breath right before I shoot. This helps to clear my mind and put my focus on the task at hand. Upon hearing that I got into the finals, I was extremely nervous and somewhat felt like giving up midway. But I encouraged myself to do my best and told myself that I can do it. No matter whether we win or whether we lose, we will still be a team together. As the saying goes "Forget the mistake. Remember the lesson." - Ho Chin Yip Matilda, 2H



I think overall this competition was quite exciting and worrying for me at the same time because this is not my first competition so I'm not nervous but this was to determine who gets into the C Division. I was anxious about that. When I saw my score after the first 30 shots, my score was around 290. I was aiming to beat my previous score of 358, so I tried my best to beat it. As it turned out, my score was a 380, my official goal. I felt very happy after that because this was one of my highest scores. I had aimed to get 370 and above, thus I was proud of myself. Though my other teammates did not get as high as expected, most of their scores had an increase from their previous competition. So I am glad the majority of us



improved. While waiting outside the range for the finals to start, I was very nervous because this was my first time in a shooting finals and I was the only one from my team who got in. Walking in to the range to my lane, it was probably the next worse feeling from not submitting your homework. I was also nervous because I was between 2 students from Raffles. I tried to focus even though I could see their scores but turns out we ended up getting a tie once. - Shannon Chai En Ling, 2H

SJCHOIR: BUILDING CONFIDENCE AND TEAMWORK THROUGH MUSIC

SILVER AWARD RECIPIENTS AT THE 11TH OREINTALE CONCENTUS INTERNATIONAL CHORAL FESTIVAL 2018 (SINGAPORE)

The SJC Choir participated in the *11th Oreintale Concentus International Choral Festival 2018 (Singapore)*, held at School of the Arts Singapore (SOTA) and Esplanade Concert Hall, from 1-4 July 2018. The choral festival is held annually and is attended by choral teams from various countries like Malaysia, Philippines, Indonesia, Korea and Singapore, to name a few. This year, the SJC Choir participated in two competition categories - Equal Voices (Junior) and Sacred categories. We are proud to have achieved the Silver Award in both categories. The girls had an enriching time as they prepared for this competition. Many of them expressed how they have grown personally through this experience.

The most memorable part was the friendships formed. As a sec 1 student, I do not know many from my section. However, as time passed, my seniors helped me a lot whenever I needed help. I can now gladly say that I am close to my section mates and this competition helped me a lot, both physically and mentally. I learnt that I have the ability to sing in tune and am able to memorise lyrics despite unfamiliarity with the language. This allowed me to know that I am able to sing. My leaders and seniors also played a huge role in bringing out the best in me. Participating in this competition helped me to grow a lot as a person, like my confidence, expressions, and strength (both physically and mentally). We do sit-ups every time we have training and this helps to strengthen my core muscles. We all have the ability to do well. However, we needed to prepare ourselves mentally too. This training has helped me to keep cool even during a competition. - Janelle Leo, 1E

I feel that the practices, especially the last few, were the most memorable because we learnt so much in a short period of time and stayed united and persevered to get decent results. I think it shows our unity and the love for choir and choral singing from the competition team. I learnt to be resilient, to have confidence in my singing, my section and the entire choir. I also learnt that I should encourage my members more so that they will be more motivated to work together and persevere to achieve our common and individual goals. - Phebe Bai, 3F

This competition made me stronger as I was able to learn 6 pieces in about a month, which I never knew that I could do as the idea of learning 6 new pieces in such a short period of time would be a goal I would have never been able to achieve if I did not push myself as hard as I did for this competition. - Chermaine Mak, 3F

The most memorable part of the competition prep was the whole process of learning and improving. I have improved my singing and gained confidence. Performing on stage was nerve-wrecking but I will never forget how it feels like to be on stage and after this competition, I feel like I will definitely work even harder than before. I learnt that I can achieve good results as long as I work towards it. I have really worked very hard for this competition and put in a lot of effort compared to before but I still definitely have much to improve. Participation in this choral competition definitely helped me grow as a choir member because as a choir, we went through the tough times together and I made many strong friendships. I also feel much more committed to choir and that I belong there. - Rachael Quek, 2E

The most memorable part of participating in the Orientale Concentus 11 is that the whole choir bonded on stage during the competition. I felt like because within a month we worked hard together and finished all the songs even though we did not do very well in it. I learnt that we need have confidence to sing well. Also, we must have the heart and mind to do things then we will achieve what we want. - Reyna Seow, 3B

As a choir member, I've grown to be more responsible in my duties. Throughout the process, I realised that success doesn't come with me only doing the bare minimum. (40 sit ups everyday) Everyday, I did extra PT and practiced my songs in the hope of achieving a gold. This was when I realised that doing more will help you succeed further. - Flores Janine Rienee Dominguez, 3H

ANGKLUNG ENSEMBLE: GROWING AS A MUSIC FAMILY

SYF CELEBRATES 2018 AT THE ESPLANADE



Our musicians awaiting their turn to perform at the Esplanade Performance Foyer

SJC's Angklung Ensemble was invited to participate at the 2018 SYF Presents! at the Esplanade in late June. Our girls performed vastly contrasting modern pieces and traditional folk songs, co-ordinating and performing their multiple octav angklung racks with precision and grace.

Proud parents, Angklung alumni and Secondary Four seniors turned up that Saturday evening, just before Youth Day, to support them enthusiastically. Here are reflections from two performers.

The three values that I learnt when preparing and performing for the SYF Opening Celebrations is teamwork, perseverance and striving for excellence. We helped one another with the logistics of the performance or helping count out loud so that the players next to you are playing together. We needed to synergise during rehearsals to make sure that the performance went smoothly and even though I was tired from practicing, we had to persevere. It was even more exciting when we heard that the Minister of Education, Mr Ong Ye Kung, was going to grace our performance. We wanted to be able to play well and give the audience an exhilarating experience that will impress the people watching our show. We were

thrilled to see that he was enjoying himself to our music and we were honoured when he came forward to play with us a song entitled "Chan Mali Chan." I'm glad that the perseverance paid off and through all the practices, we bonded as a team. Through the practices, we were able to make friends with the seniors and find out more about the angklung and how we play as a team. It was an experience being a part of something that gave joy to others. – Hazel Tan, 1D



This experience reminds me of a value that is perseverance. No matter how tiring it is to play the pieces repeatedly during practices and the final performance, I had to persevere and put in all my effort for every single run of the pieces to ensure that we could get the best when we performed. Every member had to put others before themselves and give it all they got because it would have been unfair to the other member had I not given my hundred percent as we all

worked hard for it. When we first found out two weeks before the performance that Minister of Education, Mr Ong Ye Kung was going to grace our set, we were excited. It was the first time that we have had this opportunity, however, we took this opportunity to motivate ourselves and check ourselves in terms of our playing and the musicality of our performance. As one of the senior members of the angklung section, it was my responsibility, to ensure that the younger players knew their parts and through the practice, I had to communicate the instructions well so that the younger members could understand how to play the piece more effectively. I overcame this challenge by demonstrating and then getting them to repeat so that they can demonstrate their understanding. It allowed the younger members to ask me questions and clarify their doubts. I felt that the whole process was a fruitful experience as I learnt a lot of new things and values along the way. I think it is also a stepping stone towards SYF 2019. I also got to bond with my juniors and through a lot of encouragement learnt how to be a better leader. – Mavis Hon, 3D



Minister Ong performing with our girls during the audience participation segment

HANDBELL RINGERS: GRACE AND FRIENDSHIP THROUGH MUSIC

2018 SYF PRESENTS OPENING PERFORMANCE



Ringers during rehearsals at the Esplanade Concert Hall

SJC's Handbell Ensemble was invited to perform alongside students from Guangyang Primary and Grace Orchard School in a beautiful handbell and sandart opening performance to mark 2018 SYF celebrations in late June.

SJCians enjoyed themselves tremendously and by the end of the 3 afternoons of rehearsals, they were affectionate big sisters to the primary school students. Here is a reflection from a senior Ringer.

2018 SYF Celebrations left an indelible mark in my mind as it was a totally unique experience for me. CHIJ St. Joseph's Convent together with Guang Yang Primary School prepared a Handbell performance of 'Bunga Sayang'. It was really an honour for us to be chosen as the introductory set. We were told that we were privileged to be performing for the event and I agree as the whole process benefited everyone tremendously.

Firstly, the event served as an ideal opportunity for SJC's Handbell Ensemble to grow closer. Throughout the numerous practice sessions and rehearsals prior to the actual performance, each of us got to understand one another better and the more time we spent as one, the more we appreciated one another. Moreover since it was also the Secondary Ones' first performance, it was a great start for them through which we could interact meaningfully.



Ringers getting into position



Ringers and their teachers, Mrs Margaret Low and Mrs Ng Peck Hoon, waiting backstage before the start of the show

I consider the integration of youths from different backgrounds the highlight of the whole celebration. In particular, I found the participation of the students from Grace Orchard School very meaningful because they have taught us so much about determination and the unifying force of music.

Personally, this journey left me with many takeaways. I have improved in terms of skill and all these practice sessions have developed in me a profound appreciation for handbell ringing. I was also able to grow in terms of my leadership competence. I learnt how to coordinate my team members along with my fellow leaders. Due to the rehearsals, we had to sacrifice our lessons on 3 afternoons but that also taught me how to manage my time more effectively. Most importantly, I also refined my perception about performances. I realised that such events and performances are not only platforms to display our talents but to acquire values and to learn from other performers' strengths and weaknesses.

Last but not the least, I would like to thank our conductor, Mr Damien Lim for guiding us through and for bringing out the best in us. Thank you also to our CCA teachers for their patience and guidance and for looking out for us always!



A relaxed photo opportunity during a breather with their coach, Mr Damien Lim.

INDIAN DANCE: STRENGTH AND GRACE

SYF 2018 DANCE EXTRAVAGANZA

Alongside dance enthusiasts from over 30 schools, SJC's Indian Dancers performed in the Culture Cool ethnic dance segment at the 2018 SYF Dance Extravaganza on 1 July. This extravaganza featured student dancers performing in a plethora of modern and traditional, funky and sophisticated dance performances in an uplifting weekend of youthful elegance! Here are reflections from two of our dancers.

It was an enjoyable event. Although I had just recovered from a knee issue, participation in the event taught me tenacity. The regular practice and rehearsal involved the use of my legs and knees so I made sure I did sufficient stretching exercises in anticipation of the movements. Being a Secondary 2 senior also means that I must demonstrate positivity to my juniors and be ready to face challenges. For future performances, I am sure I will dance even better, complete with more poise and confidence.

- Kaushalya D/O Ramesh, Sec 2A





This memorable event gave me the opportunity to reach out to the juniors as the intense practice sessions made us better coordinated and united. I thank the school for encouraging us to participate in events like this as it provided us exposure and made us more confident when performing on stage. We learnt to work as a group, and not as individuals, to do our school proud.

– Sharini D/O Anil Kumar, Sec 3G

BOLLYWOOD VEGGIES ADVENTURE: FARM-TO-TABLE CUISINE

On 30th May 2018, a group of Sec 3 Food and Nutrition students embarked on a learning journey to Bollywood Veggies, a local produce farm in the beautiful Kranji Countryside on a sunny afternoon. The Learning Journey included a guided farm walk around the local produce farm that grows its own herbs and ingredients and a tailored culinary class in the comfort of an air-conditioned show kitchen using farm-fresh produce from their own gardens. Teamwork was key throughout this Learning Journey as students prepared the various dishes together with their peers.

Upon arrival at the farm, our 25 SJC girls were welcomed warmly by the tour guide, Mary, who was also a former IJ girl as well as her assistant, Ahalya. After a brief introduction, they all went on a guided farm walk around the gardens together, exploring the different plants and herbs grown there. Mary, the guide was very animated in her articulation when she was providing information and introducing the various plants and herbs as well as their health benefits to our SJC girls during the walk.

From time to time, she plucked a few pieces of leaves from the plants there, and passed these to our students for them to observe closely through their senses of touch, smell and taste. Mary also took quite some time introducing to the students, the functional foods such as Ulam Raja and Aloe Vera as well as their uses. As they all moved around the gardens, Mary get her assistant, Ahalya, to help her collect the selected flowers and leaves such as Lemon Gem Marigolds, Laksa Leaves and Sweet Thai Basil from the plants there in a basket, keeping them for later use in the kitchen.



Farm Tour

Students found the speaker informative and engaging and even learnt how to differentiate between poisonous (inedible) and non-poisonous (edible) plants.

After the walk in the gardens, the girls were led into an air-conditioned show kitchen for them to show off their culinary skills. They quickly got into groups and prepared a total of three dishes and a drink in the state of the art kitchen that afternoon, using fruits and vegetables freshly picked from the gardens at Bollywood Veggies.



Our girls' menu:

Grilled Fish with Laksa Pesto,
Vegan Shepherd's Pie,
Exotic Flower Salad.
Pineapple and Mango Smoothie with Coconut.

Students began with the Grilled Fish with Laksa Pesto. The fish was first marinated with turmeric powder and a dash of salt while the Laksa Pesto was made using freshly plucked Thai Basil and Laksa Leaves (also called the Vietnamese mint). This was followed by the Vegan Shepherd's Pie, loaded with vegetables and lentils and topped with creamy, fluffy mashed potato. The girls also used the

provided edible flowers and herbs such as Lemon Gem Marigolds and Sweet Thai Basil to assemble the Exotic Flower Salad. The refreshing drink, Pineapple and Mango Smoothie with Coconut, was also prepared with the help of an electric blender.

Students found the cooking session very fun as they had learnt new recipes. "This learning journey should be conducted for every FCE student.", mentioned Rafa Medina (Sec 3A) who wanted the duration of the learning journey to be longer.



Budding photographers showing off their work.



An enthusiastic flower arranger