



# CHIJ ST JOSEPH'S CONVENT

## MARCH NEWSLETTER

2016

Dear Family and Friends of SJC, as we begin Term 2, here are sporting highlights from March and Term 1.

### VICTORIOUS PRECISION

In early March, our shooters were involved in the prestigious **NTU Invitational Shoot**, an annual event held at Safra Yishun, an annual national youth shooting event in the Singapore sports calendar.

Coming in as underdogs, 3 of our 'C' Division pistolers surpassed expectations to clinch the **2<sup>nd</sup> runner up spot in the Air Pistol Event**, beating the likes of Raffles Girls School and Temasek Secondary School along the way. SJC's victorious sharpshooters are Cheong Hui Xin Cheryl (2B), Ong Ming Xia (2D) and Leow Si Min Rachel (2H). Here are our girls' reflections about their first national competition:

*When we were at the competition venue, we were very nervous. We had heard about other schools such as Singapore Sports School, which lowered our confidence levels. We were all affected by what scores we achieved during the competition. However, as the competition went on, some of us realized that it was not as scary as we had imagined it to be. We thought of it as a normal training session and went with the flow. We tilted the screen showing our scores away from us so that we were unable to see them.*

*Instead, being able to see the scores of our competitors motivated us even further. When other schools achieved higher scores than us, we felt that we were able to get those scores as well. Hence, we turned this disadvantage to our own advantage by motivating ourselves when we saw their scores.*



SJC Pistolers with their pistol coach, Ms Foo



*There are still some improvements that can be made. We can focus more on our techniques rather than the scores. While shooting, we must take it slow. We learnt the need to have proper time management so as to ensure we have enough time remaining, as well as to not be hasty and rush through the competition.*

*Prior to the competition, it would be good to come up with a more strategic competition plan. Should we have more time during the competition, we could do more dry firing to help ourselves.*

*In conclusion, our experience during the competition was very beneficial to us. We felt nervous but we*

*overcame it. We kept our minds occupied throughout the competition so that we did not lose.*

*- Cheryl, Ming Xia and Rachel.*

## NETBALL TRIUMPHS YET AGAIN!

The SJC Netball Team continued their achievements in the 2016 games. The **'C' Division team emerged as the first runner-up** and the **'B' Division team as the second runner-up in the 2016 North Zone Inter-School Netball Tournament**. Both teams are excited to continue their journey at the National Championships Netball Tournament. Preparation started in October 2015 after SA2. Both divisions came up with their team code - *"Challenge It"* and *"All The Way"* - team codes which provided both a calming and encouraging effect on the players throughout the North Zone Tournament.



SJC Netballers with their coach (Miss Huang) and their teachers (Miss Paul, Mrs Khor, Mrs Wong and Mrs Cheak)

Here are our girls' reflections:

*Netball is big part of my life. I have been playing netball since Primary Three. After PSLE last year, I had the opportunity to train with the SJC 'C' Division team. I was able to adapt easily to the rigorous training sessions even though I was new to the team as my seniors were very welcoming and friendly. We trained very hard and when I was picked as one of the 12 players for the 'C' Division team, I was extremely grateful and excited. I also had the support of my classmates and teachers who would always be there to help me catch up with my school work. The journey throughout the North Zone Netball Tournament was not a smooth sailing one as the team was experiencing our first tournament together. However, I always had my teammates and teachers who encouraged and supported me. The team did have our ups and downs but we always got through each obstacle and came out stronger. The schools we competed against were all very competitive and every match was a different experience for us. However, we kept pushing ourselves and did not give up because (as what Mrs Wong would say), "When the going gets tough, the tough get going." I am very proud of the team's achievements for our Zonal Tournament but I believe that if we continue to work hard and give our best, we will be able to do even better for our National Championships Tournament. - Eliza Teng (1H)*

*My journey throughout the North Zone Netball Tournament was a pleasant and enjoyable one as I felt that my teammates were always there for me not only on court but off court as well. As I am an experienced player, my teammates would approach me when they needed help and I was happy to be able to contribute to the team by helping them. Although the training sessions were tough and at times tiring, the 'C' Division team pushed ourselves and we motivated one another whenever we felt like giving up. My teammates made the training sessions bearable and enjoyable. I am very thankful to all teammates for*

making my North Zone Netball journey a very memorable one. I would also like to thank the school, my coach and the teachers-in-charge for making my Netball journey possible.  
- Farah Iffah (2C)

The B Division team started our intensive training for the 2016 zonal season after SA2 in 2015, and noticeably, as the weeks and months progressed, we got closer to one another as a team, on court, and off court. We started off the season on a good note, and this helped the team to gain a lot of confidence as we faced tougher opponents.

I believe that the team is ready to work even harder for the National Championships and come back stronger than before.



B Division Netballers with coach, Miss Huang.

I would like to take this opportunity to thank everyone who had come down to support us. I would also like to thank our coach, Miss Huang, our netball teachers, Miss Paul, Mrs Khor, Mrs Wong and Miss Izzati, as well as our principal and vice-principals for their fullest support during this zonal competition.



C Division Netballers with coach, Miss Huang

A Special Thank You to our Subject Teachers who have been very understanding during the intensive competition season.

Lastly, I would like to thank my teammates for their devotion to the team, and for backing one another up when things were not going our way.

- Low Yijing, Sports Leader (4F)

## MUSICAL HARMONY

As part of their ALP training, our Choir student leaders and teacher IC, attended the annual Choral Directors Association Singapore (CDAS) Convention in Term 1, 2016. Here are their reflections:

This convention brought new perspectives to my role as a music educator as well as Choir teacher-in-charge. One quote which I was particularly drawn to was by Keith Swanwick from Teaching Music Musically. It says, "Teach music musically rather than be lured into ego trips and public display". It was a reminder for me to teach the skills of music such that students understand the ways music works, and the beauty and meaning behind each piece of music. The end goal of music making is not to gain personal attention to oneself.

I hope that through Choir, students will see music-making as something much larger than themselves. Students need to see that music-making is not all about them, but see music-making as cooperating and being part of a community. I see this in my role as a music teacher too, in the music classroom. Sometimes, I struggle to get students to participate in music-making. On the one hand, there are the very enthusiastic ones, waiting to go. On the other hand, there are the reluctant ones who just refuse to participate. The music classroom presents a unique challenge as music-making takes place over time - real time. I cannot leave the enthusiastic learners just to manage the reluctant learners. As such I think creating a sense of community is important as it gives everyone a stake to play in the music-making process.

Moving on to another common situation in the Choir / music classroom. On the one hand, there are students who see music as a means to boost their ego and gain admiration, on the other hand, there are students who shy away from music-making because of a lack of confidence. As music teacher, I would like to create a safe environment for students to create and learn music. A quote was shared at one of the talks - "A student is always motivated to practice if he leaves his lesson feeling capable (Frances Clark)" A student needs to experience small successes in order to feel motivated to carry on. The music teacher needs to know her students well in order to choose appropriate repertoire for them to learn. I try to ride on students' interests to teach them certain musical concepts. For example, having learnt Lady Gaga's Poker Face on the Boomwhackers last year, the 3NT music students expressed interest to learn the song on the keyboard. I then transcribed it to a simpler version they could manage, bearing in mind the limited prior knowledge they have. Looking at the song and its potential, it has got me thinking what other musical concepts they can learn from the song.

I appreciated how the convention included a good mix of speakers of different roles in the music industry. Not only were they choral conductors, but there were also music professors, choir teacher-in-charge, accompanists as well as education administrators. I was particularly impacted by a sharing from a Choir teacher-in-charge. The role of the choir teacher-in-charge is a bridge to connect and communicate how the choir can transfer what they learn in choir to their everyday lives. The teacher helps students to contextualise why they are doing what they are doing. She also guides students how the values developed through choir, e.g. hard work, discipline and resilience can be translated to their studies. - Miss Jeanette Teoh, Music Teacher and Choir IC.

*I have learned the basics of conducting and how hard it is to memorize the different types of movement as some of them do look the same but are different. I can use this during choir when leading sectionals and warm ups, and during conducting so that they choir will know when to use their dynamics. I think we can help our choir further by encouraging them more. Let them listen to how good the alumni group of ACJC is. Even though they have graduated a long time ago, they all still have great support. – Clara Loh (4H)*

*I have learnt how to lead sectionals more effectively, especially when the song is new - slow down the tempo, break up the song into a few parts and ignore the words first when we are learning a song for the first time. We can motivate our juniors by showing them videos on choirs which sing well, such as the ones we heard during the convention, as they will be further motivated to try their best and become like other good choirs one day. - Sabrina Wee (3E)*

*A choir is a community. There should be no one left behind or no one who is the only solo singer in a choir. Everyone has to work together. The starting point of singing is always from the diaphragm, and no where else. Since I am from Soprano 1, I have to sing a range of low to very high notes. Thus, it is important to make use of my diaphragm by "kicking", so that I can produce a good sound, as well as a good head tone. – Goh Si Qi (4D)*

*I can better explain to my members the effects of the different postures upon voice and pair members of equal heights together so they can prevent overtones from happening, as well as how the colour of the sound affects the overall harmony. – Seah Ying Zhen (4E)*