



# CHIJ ST JOSEPH'S CONVENT

## MARCH NEWSLETTER

2017

Dear SJC Family, here are highlights from our March calendar.

### FATHERS & DAUGHTERS SHARE BREAKFAST! CONTRIBUTED BY MR TERENCE TEO, VICE-CHAIR, SJC PSG.



On March 7<sup>th</sup> 2017, the PSG successfully organised a "Father & Daughter Breakfast" for twenty-four fathers who enjoyed a great time bonding further with their daughters in our school canteen.

The PSG believes that busy fathers may be easily side-tracked when their daughters need them most, especially during their teenage years. Most dads work to earn to give the best to their families and may not have had much time to have breakfast with their daughters. Hence, the PSG organised this novel event for fathers to spend this precious time with their girls!

This was also an opportunity for them to understand how their girls start their morning in school every day. The breakfast spread was simple and sufficient for all our participants. Our PSG mummies came earlier to help with the breakfast setting. The school team assisted by catering hot water, reserving a nice cosy corner for this event and even arranging for the fathers to have a longer time to bond with their daughters.

Small goodie bags were arranged as tokens of appreciation for fathers to present to their daughters.

Floral memo sheets were given for fathers to pen a few words of encouragement to their daughters; and the extra time also allowed for a simple Father & Daughter trivia game with prizes.



The breakfast ended with all standing at attention for the national anthem and pledge as one big family; followed by a wonderful group photograph.

The PSG would like to thank all our parent volunteers and all the participants who made this event a huge success.





## KEEPING THE IJ SPIRIT BURNING BRIGHT: IJYM ACTIVITIES

As part of CCA, IJYM students often serve at various homes or do fund-raisers such as their annual Valentine's Day fundraiser for the financially needy such as the residents of HOME. The following are reflections from some of the students after these activities:

*During our visit to St Teresa's Home, I was able to get to know one of the residents. One of them was an elderly lady named Dorothy. She kept thinking that we were going to leave soon and kept saying goodbye to us, and kept singing "Sayonara". I then realised how insecure they must feel in a place all alone, with no family to visit them. At 4pm every day, the residents gather in the chapel for the recitation of the rosary. Some of my fellow IJYM members and I then joined in the rosary session. I was amazed that the residents had memorized the entire rosary prayers and each took turns to lead without referring to any prayer books. Overall, I think that this visit was a very meaningful one. The residents were open and welcoming and loved to engage in conversations. I enjoyed the time I spent here, and I hope to come back again. - Joy Foo, 3Humility*

*The first visit to All Saint's Home on 8 Feb, was a fruitful start to 2017. It was right after the Chinese New Year festive period so the residents there were really cheerful and welcoming. We decided to kick start our session by talking about Chinese New Year topics. Some of the elderly have dementia so their conversations are sometimes repetitive. It may be strange to listen to someone repeat the same story to you, but I could see the residents were happy to have us for company. With them, I have learnt to be patient as some of the elderly speak very slowly. Conversation skills were required as we had to come up with conversation starters to keep up a dialogue with the elderly. Despite language barriers, communicating with them was quite successful. There was a particularly disappointing moment for me as I had news that my favourite aunty that I had met for the first time in 2015 when I was Secondary 1 had passed away during the Chinese New Year period. I had looked forward to seeing her every time we visit to All Saint's Home. I felt sad but pray and hope that she's at peace and in a happier place. - Jesslyn Sim, 3Faith*



*IJYM conducted their popular annual Valentine's Day on Feb 14 in school. All members involved in preparing the balloons and flowers for sale. We rallied to make this event a success through much teamwork and communication. We worked in teams to carry out publicity, putting up posters and making announcements to the school population. Other teams helped with packaging our roses, promoting our sale and selling the balloons and roses effectively. It was overall a very successful event with a total of \$1028.50 raised. The funds will be used for our outreach project with HOME – a shelter for abused domestic workers. As a new member of the IJYM IYYM family, I found this extremely this event very fruitful. It was a fun, fresh start to my new CCA. I definitely look forward to all our upcoming projects. - Terese Tok, 3Humility*



Flowers were bought



and prepared for wrapping.



The foyer awash in a sea of pink and red balloons as our peers and teachers supported the sale

## GROWING WITH THE GIRL GUIDES

2016 was a real milestone for SJC Girl Guides as the Uniformed Group was awarded a Gold for the *Puan Noor Aishah Award*. This is testament to the relentless commitment and dedication to the holistic development of our Guides. Besides honing camping skills and attaining various proficiency badges, Guides took part in service learning projects, cooking competitions and outdoor activities like kayaking. These activities reflect the eclectic nature of Girl Guiding. Since many of our activities are planned and executed by our Guides, at the end of their secondary school life, they become competent and empowered leaders. 2017 will be another exciting year for SJC as we host the North Division Day and Campfire. Two Girl Guides have also been selected for the Baden Powell Award, an award that aims to acknowledge the leadership qualities of Guides and their proficiency in Guiding activities. Through this, we hope our Guides develop a greater sense of belonging to the CCA and carry with them the values and skills learnt even beyond secondary school. SJC Girl Guides will continue pushing boundaries and maximising our Guides' potential by organising activities that cater to their varied interests and talents. Here are a collection of reflections from activities of the past 12 months.



*I will never regret joining Girl Guides. It has taught me many useful skills that will definitely come in handy in future. Girl Guides is one CCA that allows students to experience different activities such as hiking, camping, gadget making, tent pitching, cooking competitions and many more. It is an all-rounded CCA. On top of that, I have made many unforgettable memories with my fellow Guides and Guiders. - Jawahar Ali Thasneem, 4F*

*As a Patrol Second, Guides has made me more responsible and prepared. These values are extremely important in the classroom for me, especially since I was laterally transferred to NA from NT. The various competitions and activities like the kayaking course built my resilience and made me pursue excellence both in academics and CCA. The HQ-organised Patrol*

*Leaders Training Camp that I attended last year also made me a more confident and effective leader. - Nur Adrinna, 4B*



*Thanks to Girl Guides, I got the opportunity to go for the 1 Star Kayaking Badge Course. The experience of paddling in water on a kayak was very different from the activities we do on land. Learning a new skill always comes with a few challenges. During the course, we had to capsize in our boat as capsize drill was part of the test for certification. The thought of what might happen if something goes wrong was really nerve-racking, but I still managed to capsize the boat. This taught me to persevere when faced with a challenge and overcome my fears. Overall, the experience was fun and exciting, and if given the chance, I would love to go for such a course again. Tay Yi Zhen Dilys, 2D*



*While volunteering at the Sree Narayana Mission Home, we did a mosaic activity where the elderly used small pieces of paper to create something. I learnt to be more patient and understanding as I guided them. It was challenging at first because I was new to voluntary work and there was a language barrier. I was delighted that they followed the steps I taught them and eventually completed the task. - Teo Wee Ern Celeste, 3G*



*Last year, our batch experienced camping in Camp Christine for the first time. Our unit learnt what it was like sleeping in tents outdoors. We went on a hike at Sungei Buloh, and also improved our gadget making skills while building camp craft. During the camp, I realised the importance of effective communication. This was made evident to me when our school had a combined campfire with the Tampines Secondary School Guides. Being one of the emcees, I often had to relay short, yet concise messages to the Guide from Tampines Secondary. This made me realise how much time can be saved if everyone made clear instructions and did not waste any time. The other leaders and I had to make sure all Guides were feeling well and ready for activities. This included trying to keep the Guides enthusiastic. Sometimes, we would be exhausted, but we would still push on and play an active role in the activities. This spread positive energy to those around us and spurred the other Guides to continue being the fun, and lively group of people they are. - Sarah Anne Tan, 4E*



*I was a banner rep in Chingay so I had to hold a banner and showcase how Girl Guides has played an important role in Singapore's history. This experience made me more resilient as I was often exhausted and had to travel to the F1 Pit Building directly after school. I had a very meaningful experience as I had the opportunity to interact with many Singaporeans from different walks of life. They were very passionate about Chingay as this was a major event that has a very colourful history of 45 years. This has certainly inculcated in me a stronger sense of belonging to Singapore. - T. Shriyya, 3D*

*Project Warming the Hearts was an initiative by Girl Guides to encourage us to give back to the community. We hand embroidered recycled blankets with colourful designs related to guiding for those living in elderly homes. The project, though tiring, taught us valuable skills, such as working a sewing machine and nurtured values such as compassion and teamwork. Likewise, the 2016 Leaders Camp imparted in us the value of teamwork through the many enriching activities planned. From a rejuvenating trip to the Botanical gardens that taught us all about the amazing flora found in Singapore to the mess tin cooking challenge that demanded creativity and a dash of culinary talent; the Leaders Camp was indeed a very memorable experience.*

T S Vasanaa, 3D

