



ST. ANTHONY'S CANOSSIAN
SECONDARY SCHOOL

VOCI CANOSSIANE

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Inspiring a spirit of excellence, Nurturing a culture of compassion

ANCHORED IN HOPE, UNITED IN LOVE

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HOPES BEING REALISED, EXPERIENCES BEING ACTUALISED

Over the past couple of years, we have witnessed many challenges from COVID-19. All of us have acted in unison and worked through these challenging times with perseverance and resilience. We are truly glad that with more students vaccinated and becoming COVID resilient, there are now more opportunities to mingle and learn beyond the classroom and enjoy school.

In this issue of VOCl, you will witness our hopes being realised. We now witness possibilities reimaged as we stand at the threshold of a new dawn with the relaxing of safe management measures. We are so happy to see our girls back on campus with their cheerful smiles and happy gaits. Our staff have been so busy planning and leading the various activities, such as the inclusive Orientation Programme and adrenaline- pumping Level Camps, executing an exciting lockdown drill on Total Defence Day and even prayerfully engaging

the whole school at mass. With physical CCAs and even the National Sports Game (NSG) resuming, our students also continue to develop their sense of community through the arts, the sports and their academic efforts.

I want to thank all the teaching staff for their hard work and flexibility. Many of our colleagues have been stepping in and stepping up week on week to cover classes and ensure that our students' learning experiences have not been compromised. Let us all continue to work joyfully together to give all our SAC girls the best educational experience they deserve and grow together as a Canossian family, *Anchored in Hope, United in Love*.

Ms Fiona Koh (Principal)

A FRESH START TO 2022: RENEWED ZEST AT THE ORIENTATION PROGRAMME

A new year with new beginnings; and an opportunity to start afresh. To begin 2022 on the right note, a three-day orientation programme was specially designed to cater to the needs and focus for each secondary level. The students experienced a range of activities to plan for a successful year ahead and forged stronger bonds with fellow classmates.

Below is a summary of the focus for each level and some of the key learning points and objectives of the various tasks and activities.





Secondary 1 – A New Start at SACSS

- Immersing in the school's culture and tradition with the much-loved SAC Roots activity where Canossian Alumni took students on a walk down memory lane.
- Making new friends and exploring new physical spaces with activities like 'Understanding and Celebrating Diversity' and the 'Amazing School Tour'.

Secondary 2 – Personal Growth and Affirming Class Identity

- Exploring the traits of a leader through the leadership programme.
- Creating a "Class Vision and Commitment" to strengthen class identity.

Secondary 3 – Striving in the Face of Change

- Bonding with new classmates and teachers through teambuilding activities and class goal-setting.
- Looking forward to upper secondary demands with target setting sessions and personal sharing by their Sec 4 seniors.

Secondary 4 & 5 – Preparing for the Road Ahead

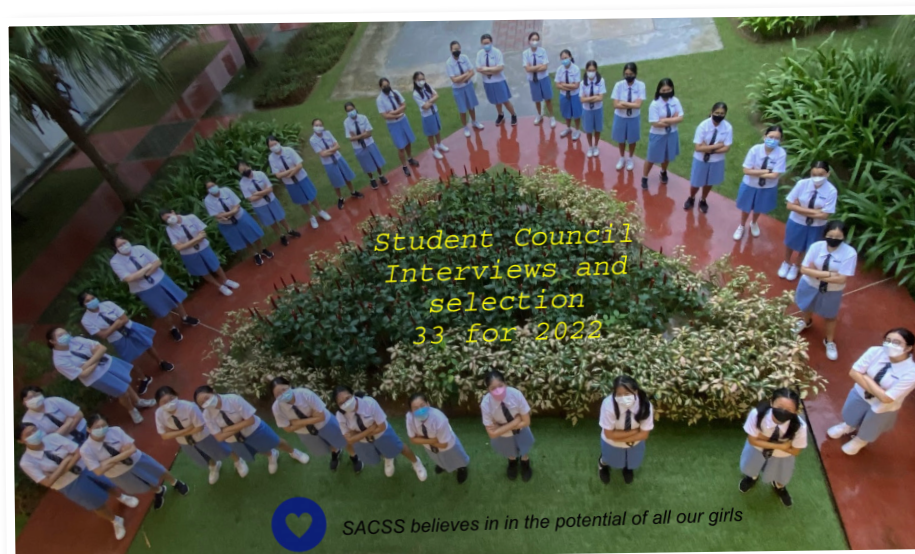
- Working as a class with novel teambuilding activities to strengthen friendships for the last lap.
- Planning for post-secondary journey with tertiary education talks and "live" virtual chit chats with freshly-minted graduates.

*Mr Roland Lim (Assistant Year Head, Lower Secondary)
and Ms Fatin Afiqah (Assistant Year Head, Upper Secondary)*

LIGHTING THE FLAME OF LEADERSHIP: STUDENT LEADERS IN ACTION

Lighting the Flame of Leadership

The SACSS leadership structure is made up of 3 main components, namely the Student Council, the CCA Council and the Class Committee. Here are some highlights of the many interesting events that took place this year.



Student Council

The Sec 4 student councillors organised an SAC Leadership Webinar with St Anthony's Canossian Primary School (SACPS) during the March holidays. Hosted by our Head girl, Lourelai, the webinar saw the Primary 6 student leaders invited to attend the sharing session. The topics discussed were "What is SAC all about?" and "What it means to be a Canossian Leader - The SAC Experience". Our Principal, Ms Fiona Koh, joined the student councillors in welcoming our primary school counterparts. Through their leadership sharing, the SACSS Student Council hoped to inspire the SACPS prefects to serve and build a strong Canossian community in their secondary school life. In line with this vision, a new initiative involving a dialogue session with school leaders prior to the Head Girl Rally was initiated by the Student Leadership Committee. This engagement allowed students to see the perspectives of School Leaders. The EXCO attained many insights not only on our school leaders but also about themselves through their candid sharing.

One of the last Sec 4 Senior Leaders' initiatives before they handed over their duties to their incoming Sec 3 student councillors was a series of inter-level games. Through these games, the Welfare Council engaged the students in a healthy competition of games including Pictionary, Jenga, Wordle, Charades, Rubik's cube, Sudoku and Wordsearch, thus providing many opportunities for individuals to showcase their unique talents.

Passing on the baton of leadership is a very important milestone in every student councillor's journey. It provides student leaders with the opportunity to reflect on their learning, and pass this on to the new generation of leaders. One of the many ways this is done in SAC is through the Leaders-in-Training (LIT) recruitment efforts. Having gone through the LIT programme the year before, Sec 3 student councillors shared their experiences with prospective student leaders. Every student in Sec 2 was then given the opportunity to reflect on their leadership potential and sign up to be considered for the LIT programme. Along with a personal nomination, the student body and teachers nominated students who demonstrated the 5 practices of the Leadership Challenge Model.



CCA Council

2021 was the first year the CCA Council was formed. The Head Girl, Jamie Li (4.7) and Vice-Head Girl, Nomin Tamir (4.6), worked tirelessly with teachers and a voluntary group of organising committee members to review and enhance the selection, training and development of CCA leaders in SACSS. Our inaugural CCA Exco and Organising Committee spearheaded many new initiatives for the CCA groups such as the CCA Vlog, Termly Best Practice Sharing, Termly Bonding Activities and Sec 1 CCA Bonding sessions. Through the sharing of best practices and challenges faced, the leaders were able to support one another and learn essential skills to build CCAs with better team spirit and camaraderie. The spirit of school culture was built on this foundation where all CCAs are considered as ONE CCA, and ONE SAC. On 28 February 2022, the CCA Exco girls did a sharing and Q&A session with the incoming CCA Council leaders to help them assimilate in their new role and responsibilities. 11 April 2022 marked the first Farewell Ceremony for our CCA Council. This event was jointly organised by the new CCA Exco members and the Sec 3 CCA Leaders. The students did a final sharing of what they had learnt in their leadership journey and showed their appreciation to their fellow leaders. The joyful and tearful farewell ended with the presentation of hand-written cards by the incoming CCA committee to show their appreciation towards their seniors.



Class Committee

There are many planned opportunities for the class committee members to be involved in school events through various corroborative efforts. Class Committee members are responsible for encouraging and energising the class to commemorate various NE events in a meaningful way through class displays, activities, reflections and promotional materials. Each class will be judged on how well they have conveyed the meaning and significance of the events and their commitment as a citizen through their creative use of the classroom spaces. For the 1st NE Event: Total Defence Day, the students led their class in putting up reflections and displays based on the articles given.

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Ms Amanda Quah (Subject Head, Discipline),
Ms Fatim Afiqah (Assistant Year Head, Upper Secondary),
Mr Roland Lim (Assistant Year Head, Lower Secondary),
Ms Kang Chee Hui (Subject Head, Performing Arts Education)
and Mr Jimmy Choo (Subject Head, Co-Curricular Activities)*



THE GIFT OF 2022: DEEPENING OUR RELATIONSHIP WITH GOD

The GIFT of 2022

We celebrated the start of 2022 with Fr Derrick Yap, our Celebrant for the Beginning of School Year Mass, who shared on God's love as exemplified in the life of St Bakhita. This message continued to be echoed during our Foundress Day Mass, celebrated by Fr Adrian Danker, who drew lessons from the life of St Magdalene of Canossa.

Thereafter, students continued their learning in the classrooms on Foundress Day, with Values Education (VE) lessons that focused on the lives of our Saints and the values they exemplified. These lessons were customised for the different levels, with each level focusing on a different aspect of our Saints' lives. As a continuation from Foundress Day, and after knowing more about St Magdalene's life and vocation, our students will then be participating in a Values-in-Action (VIA) programme during the Post Exams/Weighted Assessment Activities in May. They will be reaching out to the various areas in the Canossian Family - the schools, the homes for the elderly, and the Sisters. After the Foundress Day Mass, Fr Adrian Danker also went round blessing the school. This was a symbolic reminder that the school is a safe sanctuary to nurture our students and continues to be a homely environment for our staff.

Our school continues to hold space for all to experience God's healing love. Our faith formation activities were organised to allow our staff and students to deepen their relationship with God; to experience His healing graces and transformative power in their lives. To prepare for Lent, Confessions were arranged for our Catholic staff and students. The Catholic Activities Council (CAC) Leaders also planned and carried out Lenten activities, including the Stations of the Cross for Catholic students, a 40-Day Bucket List for Lent that engaged the Lower Secondary Catholic students in sharing about some bad habits they wanted to change, as well as a group sharing amongst the Upper Secondary Catholic students to discuss and commit to a sacrifice they wished to make for Lent.

The CAC Leaders also presented on the significance of Lent during morning assembly and shared about the various related Catholic activities. To deepen their relationship with God, the CAC also participated in an online Lenten session organised by Catholic Junior College. Recognising the need to also ensure our Catholic staff were given the opportunity to be spiritually nourished, a Lenten retreat



was conducted by our Canossian Sisters who shared on the various prayer methods to connect better with God. These methods included journaling, meditation and spiritual direction. The session ended with Mass celebrated by Fr Ambrose Vaz.

Finally, during the yearly Catholic Awareness Week held from 18 to 22 April this year, the CAC also reflected on the significance of Easter. Collaborating with parent volunteers, an "Easter Egg" hunt was organised as a fun way to celebrate Easter with the whole school. Catholic Awareness Week culminated with Sr Jessica Teo sharing her conversation story that illustrated God's welcoming love for all.

The Canossian Spirituality Team also spearheaded Project FEEL: a Canossian Faith Formation Journey for our Sec 1 Catholic students that runs parallel to the VE lessons. This is a collaborative project with the Redemptorist Mission Team.

We continue to pray that 2022 will be a GIFT to us all, a year when we Grow In Faith Together.

*Ms Sharon Yu (Subject Head, History)
and Ms Amanda Choo (Subject Head, Character and Citizenship Education)*



CHEERS AND FESTIVITIES THROUGH LANGUAGE IMMERSION

The Chinese New Year concert and Mother Tongue Fortnight activities held at school were a resounding success despite COVID-19 restrictions.

Hosted by our very own Chinese language teachers, the celebrations to usher in the Year of the Tiger featured a mix of live and pre-recorded performances, including a lion dance performance with a unique percussion prelude led by our school leaders.



Friends from St Anthony's Canossian Primary School and Changkat Changi Secondary School also brought in extra cheer and festivities with their spirited songs and dance items.

Our students also participated in an array of cultural activities during the Mother Tongue fortnight programme. Chinese students had a hands-on experience with shadow puppets as well as Chinese painting for Chinese New Year. Sec 1 Malay students learnt more about herbs and spices, while the Sec 2s had the opportunity to make their own "Wayang Kulit", a traditional puppet-shadow show. Lastly, the students from Upper Sec were taught the ins-and-outs of using a Podcast and went on a virtual learning journey to Fort Canning.

It was certainly an eye opening experience for all.

Mdm Tay Hui Cheng (Head of Department, Mother Tongue Language)

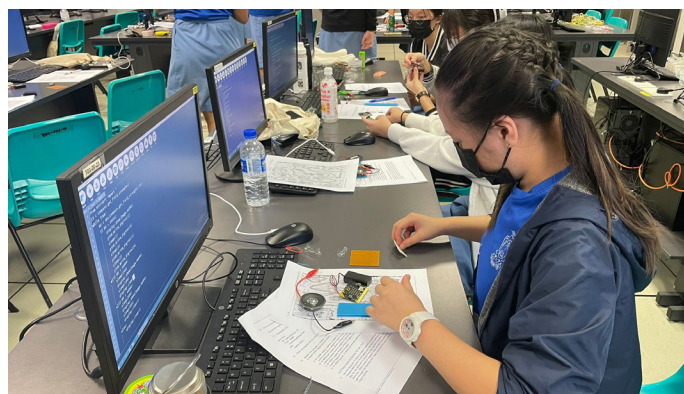
LEVEL CAMPS AND ELECTIVE MODULES

With the lifting of COVID-19 restrictions, students from Sec 1 to 3 experienced new opportunities to bond and learn life skills through physical activities. Our Sec 1 students learnt about leadership and bonded with their classmates through fun activities such as basic First Aid, and braved the outdoor elements through kayaking, navigation and outdoor cooking.

The Sec 2 Camp also had an adventure-based camp with a focus on two of leadership thrusts in the Leadership Challenge Model- namely the "Inspiring a Shared Vision" and "Encouraging the Heart". They brought out each other's strengths as a class through trust-building activities and motivated one another to achieve their personal goals through activities like raft building and kayaking.

Similarly, the Sec 3 Camp gave students a chance to acquire and build on outdoor adventure skills like kayaking, orienteering, shelter building and outdoor cooking. The activities were customised to integrate opportunities for team leadership with the focus on 'Enable Others to Act' and 'Challenge the Process'.

The Sec 4 & 5 Level Camps made new connections in learning through a targeted focus on Education and Career Guidance (ECG). The activities equipped students with the necessary awareness, knowledge and skills relevant and applicable to post-secondary options/pathways. Besides the mandatory post-secondary preparatory modules that are held yearly to enhance students interview skills and portfolio preparation, new programmes were



Our student writing Python instructions for a micro:bit hardware

introduced to synergise the focus better. Students learnt to identify their own strengths and abilities so as to pursue the appropriate post-secondary options and gained a deeper understanding of the working environment of various industries through hands-on experiences and interactions with professionals. The highlight of the whole camp was the sharing done by our past alumnus: multi-hyphenated artist, Sejal, who is a Public Relations Marketer/emcee, talented ex-head girl, Patricia, who is now a Producer at Universal Studios Singapore and a Dance Instructor, and Hillary, who fought hard to excel as a chef in the culinary industry.



Students using a Smart Home training kit to learn various electrical components and how to make electrical connections.



Students working on a 3D model using SolidWorks software on their computer in ITE-East.



A student working on her animation design



A student learning the sequences of a human movement.

Concurrently, some of our Sec 4 NA/NT students attended the inaugural 30-hour Applied Learning Modules (ApLM@ITE) conducted at ITE-East and ITE-Central. These courses aim to expose our students to possible educational progression and career pathways, and to allow them to make informed choices upon graduation from our school. The courses offered to our students this year were "Fun with Animation", "Fun in Digital Making", "Building Models with 3D Printer" and "Smart Homes". This is in line with the latest trends around topics such as sustainability, digitalised world and technology. In particular, the module on "Building Models with 3D Printer", enabled students to use the industry-standard 3D modelling software and SolidWorks, to build realistic-looking 3D models.

Here is some feedback we received from our students on the various Applied Learning Modules:

(Building Models with 3D Printer): Alyn Seah from 4.2 commented that the learning experience was fun and relevant for her. In addition, she was able to keep the 3D object as a souvenir.

(Smart Home): After attending the module, Koyi Goh from 4.3 said that she was amazed how technology could be leveraged to give people convenience. In addition, it is more power-saving and helps to cut cost as well.

(Fun with animation): Lee Lau Hui from 4.1 claimed she has learnt a new software and it was a very fun and enjoyable experience for her.



Inside a 3D Printer

Mdm Goo Lay Hoon (Head of Department, The Arts),
Mdm Aznah Hj Kilali (Head of Department, Special Projects),
Mr Roland Lim (Assistant Year Head, Lower Secondary)
and Ms Fatin Afiah (Assistant Year Head, Upper Secondary)

PROTECTION AND PREPAREDNESS THROUGH OUR NE EVENTS

This year's Total Defence Day was specially commemorated to the theme of "Together We Keep Singapore Strong". The Humanities department curated a variety of articles to help students better understand and appreciate the importance of this occasion.

The articles included recollections on the sufferings of our forefathers during the fall of Singapore to Japanese in 1942. The articles also highlighted the need for collective responsibility to defend our nation, advocacy for stronger cyber defense in a world of sophisticated online scams, praise for the women who took the leap of faith to serve the nation, and the exemplification of Singapore's psychological defence by managing transnational terrorism over the years.

Through these articles, students reflected on the significance on Total Defence in Singapore and renewed their commitment to be active citizens in Singapore. On 15 February, the Humanities Department collaborated with the school's Safety Committee to incorporate a lockdown drill through a simulation of terrorist intrusion into the school premises with student hostages. Students learnt the importance of safety preparedness. They practised the steps of reporting suspicious activities and protecting themselves in the classrooms when the school undergoes a lock-down.



INTERNATIONAL FRIENDSHIP DAY

The school commemorated International Friendship Day on 12 April 2022, with a focus on Singapore's friendship with our ASEAN neighbours. With the 31st SEA Games taking place in Hanoi from 12 to 23 May 2022, we decided to host our very own SEA Games @ SAC. After a short introduction to ASEAN and the SEA Games as a platform to build friendships, the class committee members facilitated a fun and rigorous games segment.

Excited cheering could be heard all over the school, as students boosted the confidence of their classmates and wowed at their undiscovered talents. After the activities, form teachers conducted level-differentiated reflections on how ASEAN countries could work together on issues such as climate change and promoting peace. The finals of SEA Games @ SAC were held on 21 April and trophies were awarded to the top three of each level.

Ms Eileen Ee (Head of Department, Humanities)

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