



Voci Canossiane

A PUBLICATION BY ST ANTHONY'S CANOSSIAN SECONDARY SCHOOL / 2023

In Faith, We Serve

**"Trust in the Lord with all your heart.
Never rely on what you think you know.
Remember the Lord in everything you do,
He will show you the right way."**

Proverbs 3: 5-6



CONTENTS

- 2 Principal's Message and Opening of Wellness Centre
- 3 Blessed Beginnings in 2023
- 4 Orientation and CamPeraderie
- 6 Jogathon 2023
- 7 Inaugural Learning Experience Week
- 9 Canossian Awards Day
- 10 CCA Achievements
- 13 Commissioning of Canossian Student Leaders
- 15 Live Festive Celebrations Return!



PRINCIPAL'S MESSAGE

Ms Fiona Koh



2023 marks the 144th anniversary of the founding of the St. Anthony's Canossian Schools. In choosing the theme, **In Faith We Serve**, we are reminded of the continued mission of our Foundress to nurture each girl in her own way by forming hearts, enlightening minds and empowering spirits. This issue of VOCI seeks to remind us of the different school events that took place in the first half of 2023. More importantly, we want to remember the individual and collective experiences of school life that bind us as a community.

Schools need to be evocative spaces. We must create an environment where all the things we want happen. Through these pages, you will witness SACSS as a space for our students to develop and grow to discover their talents, skills, and knowledge. As we move into our next phase of growth, we are also fortifying our commitment to student well-being and deepening their joy for learning. We acknowledge our shared responsibilities in putting our students' physical and psychological safety as well as the importance of 21st century learning at the heart of everything we do. Our work is never so urgent or important that we cannot take the time to do it in faith and with love and grow as one Canossian community.

One such effort was the creation of St. Raphael Wellness Centre. Aptly named after one of the seven archangels, whose name, Raphael, means "God heals", the centre seeks to be a sanctuary and offer a haven to bring about peace and emotional healing. It is our commitment to promoting mental health and a positive culture that is inclusive and supportive.

We thank all members of the SACSS community who continue to play a critical role in extending our Canossian mission and we hope that this issue of VOCI will offer fond memories of the time spent here and in years to come.





BLESSED BEGINNINGS IN 2023

The year began with the annual beginning-of-school-year mass and we were grateful to have Fr Derrick Yap as our celebrant for the occasion, who gave us an apt reminder of how we can grow when we do something good and that we must continue to love others.

On 3 March, we celebrated our Foundress Day with mass celebrated by Fr Simon Pereira. He highlighted the generous spirit of St. Magdalene of Canossa, whose desire was to always help those in need and who focused on the educational and spiritual needs of women. The Catholic Activities Council (CAC) continued to organise activities for the Catholic students in the school, with the Secondary 1 Retreat on 26 January 2023 centered on the theme, "Lamp of God". Various activities were designed to invite them to explore their faith and journey with God. As a follow up, the Canossian Spirituality Team also collaborated with the Redemptorist Mission Team (RMT) to facilitate sessions for them to further grow their faith.

The Canossian Spirituality team also came up with activities for the school to celebrate Easter. This included school-wide easter egg hunts and an inter-class quiz about the Catholic faith. It was a time for Catholic students to deepen their faith, and for students of other faiths to appreciate what being Catholic means.



Orientation and CamParaderie 2023



Beginning the year with a series of adrenaline-pumping and fun-filled activities served as a great way to start 2023 refreshed, recharged and ready to go! The Secondary 1 students embarked on the SAC Roots Learning Journey to the original campus in Middle Road. Students getting to know the school and each other was the main focus of the Secondary 1 orientation programme.

The focus of the Secondary 2 programme was on developing the students' leadership skills, as they prepare themselves to take on the role of big sisters to their Secondary 1 juniors. The Secondary 2 students also experienced what it feels like to lead and serve their

community as this is the year many will step up and assume more responsibilities within the school community.

Forging new relationships and strengthening existing ones was the focal point of the Secondary 3 students as they battled for top spot in the inter-class friendly competition of dodgeball. As for our graduating classes, engaging their hearts and minds, and igniting their ambitions were central to their array of activities. The SACSS Alumni were also invited to share with their juniors, the strategies they employed and how they overcame challenges in their graduating year. They shared that dedication helped them to find out what they were really passionate about.





CAMpARADERIE - The annual school-wide camp restarted this year with specially curated activities planned and designed for the different levels. Secondary 1 to 3 students were taken out of their classrooms and thrown into situations that pulled them out of their comfort zone. With their foray into the great outdoors, many students returned energised and brimming with zest from the few days away from their books. So what did they get up to?

The Secondary 1 students built camaraderie through a variety of activities in school. Sleeping in tents outdoors, learning to cook outdoors and dragon boating were just some of the fun activities they were involved in. The seed to develop our future Canossians of Influence to lead with Compassion was sown when the Secondary 2 students had the

platform to harness the Design Thinking process to conceptualise their Values-in-Action projects, which included causes close to their hearts like reducing food waste, supporting the elderly and promoting environmental conservation.

The Secondary 3 students were put through the paces at their 5-day camp at the Outward Bound School Experience. Their resilience and tenacity truly came through as they returned a little worn, but in high spirits. As for the graduating classes, the students spent the time rediscovering their interests, strengths and weaknesses. They were equipped with skills like résumé writing and interview skills, and a visit to Temasek Polytechnic to discover the numerous job sectors available, as they chart their personal pathway and career plans.





JOGATHON 2023

Blessed with clear skies and joyful spirits, SACSS had our first Jogathon in four years on the last school day of Semester 1. All students showed grit and resilience as they ran the distance for both the competitive and fun runs. One highlight was definitely the parents' and staff competitive race where the participants sweat it out to see who was the champion of them all!

It was truly a memorable morning for both students and staff as we all showed up at East Coast Park for a morning of exercise, bonding, and laughter.



Learning Beyond

THE FOUR WALLS

Inaugural Learning Experience Week



To wrap up Term 2, we had our very first ever SACSS Learning Experience Week. There was a range of different learning activities for the week and since it was close to the end of the semester, students could put their academic subjects on hold for a little while and fully focus on experiential learning.

The Secondary 1s started off the week with a Rainforest Learning Journey where they visited the Singapore Botanic Gardens to get a first-hand look at the range of biodiversity right in the middle of our very urban Singapore. They also learnt more about their own interests, skills and personalities using the WitGritFit framework to better understand themselves and the possible careers that they may wish to pursue.

The Secondary 2s discovered various important life skills through drama and serving others. They started the week with a Drama Showcase

and embarked on a Learning Journey to watch the musical, *Monster in the Mirror*. Finally, they wrapped up their Talent Take-off Programme by carrying out their Values-in-Action project.

The Secondary 3s focused on discovering the worlds of the migrant workers in Singapore and post-secondary education. The experiences from the Migrant Trail reminded students to empathise with the challenges the migrant workers face as they contribute to Singapore's success alongside Singaporeans. Students also visited Polytechnics so that they can be better informed when deciding on their post-secondary pathways when the time comes.

With this inaugural Learning Experience Week, students were able to learn more about themselves, their friends and the world around them through these experiences.





EMBRACING DIVERSE NEEDS

As part of the Learning Experience Week, we also had our Embrace Diverse Needs Day. The highlight was a sharing session by two of our very own SACSS students who shared on how they overcame the various challenges throughout their lives and how having a cheerful and positive attitude was so important.

The Secondary 3 students then had an experiential learning session with a series of breakout activities such as listening to a talk by Guide Dog Singapore, playing popular paralympic games like Bocce Ball and Goalball, and visiting the various booths set up by their Secondary 2 juniors showcasing the various social causes that they took up as part of their Talent Take-off Programme.



BREAKFAST INTERACTION WITH OUR CANOSSIAN SISTERS

While their Secondary 1 to 3 juniors enjoyed a week of meaningful fun during their Learning Experience Week, it was not just all academic work for our graduating students! In the midst of their preparation for their national examinations, our graduating students took time out of their busy revision schedule to spend some quality time with our Canossian Sisters.



The classes invited the Sisters to join them for a class breakfast and interaction session. It was timely that they spent time chatting, laughing and having a meal with them, as the Sisters have been faithfully supporting them both in deeds and prayers throughout their education journey. It was surely a meaningful way to bookend their last year in SACSS.



CANOSSIAN AWARDS DAY



Every year, we celebrate the various achievements of our students at the Canossian Awards Ceremony. This year, we were truly honoured to have our alumna, Ms Emiley Yeow, Chief Operating Officer at Allen & Overy L.L.P. Singapore, grace the ceremony as our guest of honour. Sharing about how the belief her teachers had in her and the school's

nurturing environment had helped her to get to where she is now, Ms Yeow encouraged our students to not be afraid to try different paths in life. Our Principal, Ms Fiona Koh, closed the ceremony by encouraging students to follow the example of our Foundress, choosing to be humble and charitable even in times of hardship and stress.





CCA ACHIEVEMENTS

Aside from celebrating our students' academic achievements, we also want to celebrate their Co-Curricular pursuits, most recently at the various inter-school competitions in Singapore, such as the National School Games (NSG) and the Singapore Youth Festival (SYF) Arts Presentations. All the students who represented our school have put in their strongest efforts and truly demonstrated their perseverance and commitment to their CCA. Congratulations to all students for your hard work and dedication!

Sports & Games

TAEKWONDO

National School Games "C" Division Taekwondo (Poomsae)

• Individual

Sophia Margareth Espeleta Relos (2 Competence) **3rd place** (Pom 2)

• Team

Flora Lim Shu Ying (2 Charity)

Angie Lin Enqi (2 Commitment)

Foo Kit Yee Natalie (2 Commitment) **4th place** (Yellow 7)

National School Games "B" Division Taekwondo (Poomsae)

• Individual

Ong Shi Ni Kacey (3 Faith) **2nd place** (Red 1)

• Team

Angelica Chua Wee Qian (4.2)

Roldan Beatriz Mari Andrea Arroyo (4.7) **3rd place** (Red 1)

Ong Shi Ni Kacey (3 Faith)

• Team

Aleeya Syakeera Binte Effendy (4.2)

Larissa Neo Su En (4.8)

Amelia Poh Xing Hui (4.9) **1st place** (Black 2)

National School Games "C" Division Taekwondo (Kyorugi)

• Individual

Simone Bhardwaj (2 Forgiveness)

Tan Zixuan Florence (2 Competence)

Nah Xin Ning (2 Commitment)

1st place (Red Under 46kg)

2nd place (Poom Under 54kg)

3rd place (Poom Under 58kg)

• Overall

1st place

National School Games "B" Division Taekwondo (Kyorugi)

• Individual

Ong Shi Ni Kacey (3 Faith)

Roldan Beatriz Mari Andrea Arroyo (4.7)

Anne-marie Cheong Hsi Yan (3 Commitment)

1st place (Red Under 56kg)

2nd place (Red Under 56kg)

2nd place (Poom Under 40kg)

• Overall

3rd place

CCA ACHIEVEMENTS

TRACK AND FIELD

Wings Cross Country Championships 2023

- **Individual**

Poon Keling Charlotte (2 Competence)
Alexis Tan Ze Qian (2 Charity)

Top 20 medalist - 8th placing

Top 20 medalist - 12th placing

- **Team**

Poon Keling Charlotte (2 Competence)
Alexis Tan Ze Qian (2 Charity)
Aashi Lareesha Kaur (1 Cheerfulness)
Chek Mei Xuan, Kallista (1 Forgiveness)

Top 4 team placing (Under 15)

National School Games "C" Division Singapore Cross Country 2023

- **Individual**

Alexis Tan Ze Qian (2 Charity)
Poon Keling Charlotte (2 Competence)

Top 20 medalist - 9th placing

Top 20 medalist - 17th placing

- **Team**

Poon Keling Charlotte (2 Competence)
Alexis Tan Ze Qian (2 Charity)
Aashi Lareesha Kaur (1 Cheerfulness)
Chek Mei Xuan, Kallista (1 Forgiveness)
Wong Yan Yee, Jane (1 Charity)
Lee Kah Eng, Natasha (1 Cheerfulness)

Top 4 team placing (C Division)

Singapore National Track and Field Championships 2023

- **Individual**

Cara Tan Wen Shuen (2 Faith)

3rd place - U15 1500m Race Walk

National School Games "C" Division Singapore Track and Field Championships 2023

- **Individual**

Cara Tan Wen Shuen (2 Faith)

Top 8 medalist, 5th place - C Div 1500m Race Walk

- **Individual**

Hui Wai Yung Claudia (2 Faith)

Top 8 medalist, 6th place - C Div 1500m Race Walk

Uniformed Groups

GIRL GUIDES

Puan Noor Aishah Award

- **Team**

Gold Award (for 2022 year of assessment)

NATIONAL CIVIL DEFENCE CADET CORP

Precision Drill Challenge 2023

- **Team**

4th position



CCA ACHIEVEMENTS



Clubs & Societies

DEBATE & ORATORICAL SOCIETY

Singapore Secondary Schools Debating Championships 2023

- Individual

Masayu Raeyna Binte Mohamed Faisal (3 Faith)

Top 20 Best Speaker Award

Performing Arts

Singapore Youth Festival Arts Presentation

ANGKLUNG ENSEMBLE

Certificate of Accomplishment

CONCERT BAND

Certificate of Accomplishment

CHOIR

Certificate of Distinction

DRAMA CLUB

Certificate of Distinction

GUITAR ENSEMBLE

Certificate of Distinction

MODERN DANCE

Certificate of Accomplishment

INDIAN DANCE

Certificate of Distinction

PERCUSSION BAND

Certificate of Distinction



COMMISSIONING OF CANOSSIAN STUDENT LEADERS

– Leading with Compassion and Competence,
Serving with Cheerfulness and Commitment



This year's Commissioning of Canossian Student Leaders took place at the end of June and the school witnessed the investiture of the CCA Leaders, the Catholic Activities Council and the Student Council. In her inspiring speech to the student leaders, our Principal, Ms Fiona Koh, challenged the student body to rethink what leadership means - that being a leader does not only mean having a leadership role, but it is in believing that every small step we take can make an impact. She also encouraged all SAC students, regardless of whether they hold a leadership position, to be leaders in their own way, and advocate for the causes they care for.

A key tradition in our investiture is the Torch Passing Ceremony where our Principal, Ms Koh, and Canossian Schools Supervisor, Sr Elizabeth Tham, lighted the candles of the student leaders. The flame symbolises love, passion and the willingness to serve with integrity. This flame of love is also synonymous with the love the leaders will show, through their service to others. Another favourite moment was the presentation of badges to the Secondary 3 leaders by the outgoing Secondary 4 seniors. It was definitely a touching scene as the Sec 4s relinquished their positions and watched on proudly as the incoming Secondary 3 leaders took the Student Leaders' Pledge.





"We shall devote ourselves to being cheerful, to uphold and uplift one another in good times and in bad."

– Matisse Angelique, Head Girl 2023

"Just as we remember how others have touched our lives, we also need to look at how we can be there for others."

– Anne-Marie Cheong, Head of Catholic Activities Council, 2023



SEC 3 EXECUTIVE COUNCIL 2023					
Head Girl Student Council Matisse Angelique	Vice-Head Girl Student Council Kaylynn Tham	Head CAC Council Anne-Marie Cheong	Vice-Head CAC Council Kelly Yiu	Head CCA Council Natalya Qistina	Vice-Head CCA Council Enya Tan
Head Class Comm Council Jaynda Lim	Vice-Head Class Comm Council Safiyah Soh	Head Events Council Leo Zhi Yip	Vice-Head Events Council Chong Yuxuan	Head Welfare Council Nurul Subaina	Vice-Head Welfare Council Trisha Balan





‘Live’ Festive Celebrations Return!

The annual Chinese New Year and Hari Raya celebrations were ushered in with aplomb and gaiety as we welcomed back live performances that helped set the festive mood! The Chinese New Year celebrations saw the return of the rousing lion dance performance as well as the presence of the seniors from the Sunlove Senior Activity Centre who had traditionally joined SACSS for the celebrations until the pandemic halted it. With the pandemic thankfully almost behind us, the Chinese New Year celebrations swung back into high gear and kicked-started the annual festivities for the school community. Classes also participated in the annual classroom decoration contest and paper rabbits were seen gracing the notice boards of many a classroom, as they got ready to usher in the Year of the Rabbit.

Fast forward to April, staff and students once again donned their festive gear as we celebrated Hari Raya Puasa. The traditional costumes added a splash of colours to our campus and ushered in much excitement as the students were free to wear their home clothes for the day. During the assembly period, there were quizzes, performances by students and a singalong by the Mother Tongue department who belted out classic favourites like Chan Mali Chan and Selamat Hari Raya. Another highlight of the day was most certainly a Dikir Barat performance by the teachers, students and non-teaching staff who performed songs like Ku Pohon Restu Ayah Bonda and Sekola Hari Raya. It was both meaningful and symbolic as we came together as a SAC family to celebrate the occasion.





“It was really great joy to see staff and students of different cultures and races come together as one SACSS family.”

– **Mdm Tay Hui Cheng**
(Head of Department, Mother Tongue Languages)



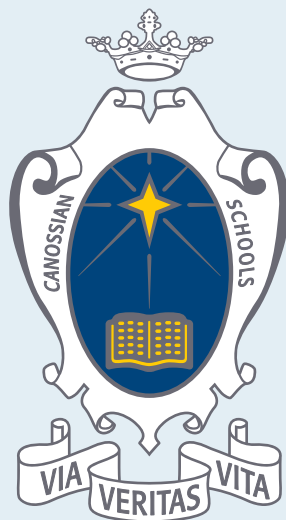


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