





Jointly published in 2019 by:

St. Anthony's Canossian
Primary School

St. Anthony's Canossian
Secondary School

IN TANDEM

Interweaving a sense of belonging, a sense of reality,
a sense of hope and a will to act

Commemorating St. Anthony's Canossian Schools 140th Anniversary
in conjunction with Singapore's Bicentennial Commemoration



In Tandem cover rationale:

They say it takes a village to raise a child and every day at SAC this adage is proven true. The students come in to school brimming with so much energy and curiosity that it seems as if they are bouncing off the walls. This is the inspiration behind the cover design for In Tandem.

Teachers often have to juggle the multiple roles of educator, disciplinarian, entertainer and confidante. We do all of this with the strong belief that each student possesses the ability to soar to even greater heights. Hence the circus is an apt metaphor for the vibrant community of SAC.

In a circus, each performer counts on the ability and skill of their colleagues to help them stage a memorable performance. Likewise, here at SAC, our colleagues, nuns and stakeholders, skilled in many areas, navigate through the difficulties and challenges, yet enjoy the rewarding and fulfilling moments that arise in our day to day interactions. Much like a circus, we do this with a smile on our faces and a positive attitude, with the knowledge and reminder that all we do is for the good of our students. The circus is never static, it moves to new locations and adapts to the environment so that it remains current as it competes for the attention of its audience.

As the landscape of Singapore goes through its many developments, we too at the St. Anthony's Canossian Schools must change in order to facilitate the growth of our students so that they become active contributors to society. At SAC we keep abreast of new teaching strategies and technologies and leverage on these to ensure that our students are engaged and excited to come to school.

We do all this fearlessly as we navigate in tandem and leap through rings of fire to face roaring lions, because we have faith in our ability, our ethos, our history and our legacy.

Ms Amanda Quah and Mr Michael Ee (SACSS)

Singapore

and SAC

have grown

in tandem

from strength

to strength,

our history

and heritage

– inseparable.

FOREWORD

2019 marks significant milestones for both Singapore and the St. Anthony's Canossian (SAC) schools – our nation commemorates the 200th anniversary of Singapore; and SAC celebrates our 140th anniversary. Singapore and SAC have grown in tandem from strength to strength, our history and heritage – inseparable.

The Singapore Bicentennial marks the 200th anniversary of Stamford Raffles' arrival in Singapore, a key turning point in our history. Although our beginnings trace back to more than 700 years, the Singapore Bicentennial is a time for commemoration and appreciation of the historical events, the cast of contributors and the communities that shaped our evolution. The bicentennial commemoration reflects on the arrival of the British and migrants in 1819 as a key turning point in the 700-year history of Singapore, looking back to a pre-colonial period 500 years in which Singapore began as a vibrant, regional port city in the 14th century to its role as a strategic maritime base; an advance after 1819 in an upward trajectory of progress and development into a modern global city 200 years hence. Millions of tourists visit us each year to learn about our heritage and experience Singapore. We would not have come so far without the grit and resilience of our pioneer generation and our founding fathers. As a nation, we continue to strengthen the Singapore identity and its focus on education to uplift lives.

Like Singapore, SAC has grown from a handful of students in a small house along Middle Road to a sprawling campus in Bedok with a current combined student enrolment of 2,300 for both the primary and secondary schools. Our Canossian Identity: Via, Veritas, Vita, empowers us to seek The Truth, be The Way and live The Life of Christ. We are blessed to have the strong support and guidance of our Canossian Sisters. We are committed to nurture Canossians to be persons of integrity committed to serving God and others. The theme for our 140th anniversary celebrations, "Amore Senza Fine" or "Love Lives On" aptly encapsulates the values our foundress St. Magdalene stood for. We will continue to build on our rich heritage and culture of compassion and innovation.

In Tandem is a combined essay and artwork publication jointly presented by both SACSS and SACPS to honour our heritage and pioneers and share our commitment and our dedication to the schools' and Singapore's development. It features the vivid experiences and reflections of our Canossian Sisters, Alumni, staff and students. It also encapsulates our dreams and aspirations for Singapore and both the St. Anthony's Canossian schools.

We hope you will enjoy the book as much as we have enjoyed publishing it.

Mrs Chin Lai Yoke
Principal

SACPS

Mdm Mak Lai Ying
Principal

SACSS

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IN TANDEM

Making a difference and embracing inclusiveness with a will to act

Towards an upright Singapore

Ms Peggy Yee, a lawyer and director of her own law practice, is also a Canossian alumnae. On 5 November 2018, we had the opportunity to conduct an interview with her at her law practice. During the interview, she shared with us her journey from a Canossian student to being a practicing lawyer today.

What was most inspiring to us during the interview with Ms Yee was when she shared with us that right up to pursuing her GCE 'A' level exams in Junior College, she did not set any goals nor had dreams about her future career. She spent the first year in junior college collecting herself and discovering what she liked to do. She soon found herself pursuing law and reckoned that she could work hard and do well in law. She also shared with us the adage that there is no substitute for hard work and that no matter what, we must always put in effort to achieve our aspirations. Ms Yee was very driven and passionate about her being in a position to assist in resolving the different issues of her clients. She also shared that she relates particularly to the cases that are heard at the family court as these cases have an impact on families and children, and that she will do her utmost to help them sort out the issue with the best resolution.

We were touched by her sincerity and sense of empathy from the interview. We were reminded that our nation has a vigorous legal framework in place to ensure that society is safe and secure and that we are truly grateful that there are practitioners who are dedicated to preserving justice and fairness.

By Ess Valerie Anne (SACSS 4.1) and Hazel Lim Sue Mei (SACSS 4.1)

Teacher Facilitator: Mr He Junhao and Mdm Rasheeda Begam



Artwork: Global Warming Hits Nature by Audrey Ho Yu Xin (SACPS 4 Courage 2018)

The reality that we are facing currently is global warming. The Earth's temperature is increasing, trees are dying and animals are trying hard to survive in this difficult environment. Even humans have no escape from global warming. We have to deal with the climate changes and reduce the greenhouse gases emitted. The only way we can solve this issue, is to play our part, to reduce, reuse and recycle.

How much my little contribution can do for others?

Ms Peggy Yee has been practising law for over 30 years. During her time as a student in SAC, the school was located in Middle Road. She recalled vividly fond memories such as mingling at the quadrangle with her friends during breaks and being involved in the different campaigns such as the Use Your Hands Campaign when she had to clean the marble staircases. Ms Yee impressed me as a hardworking, humble and thoughtful person. I was proud that I had the opportunity to interview an inspiring alumna who puts other before self.

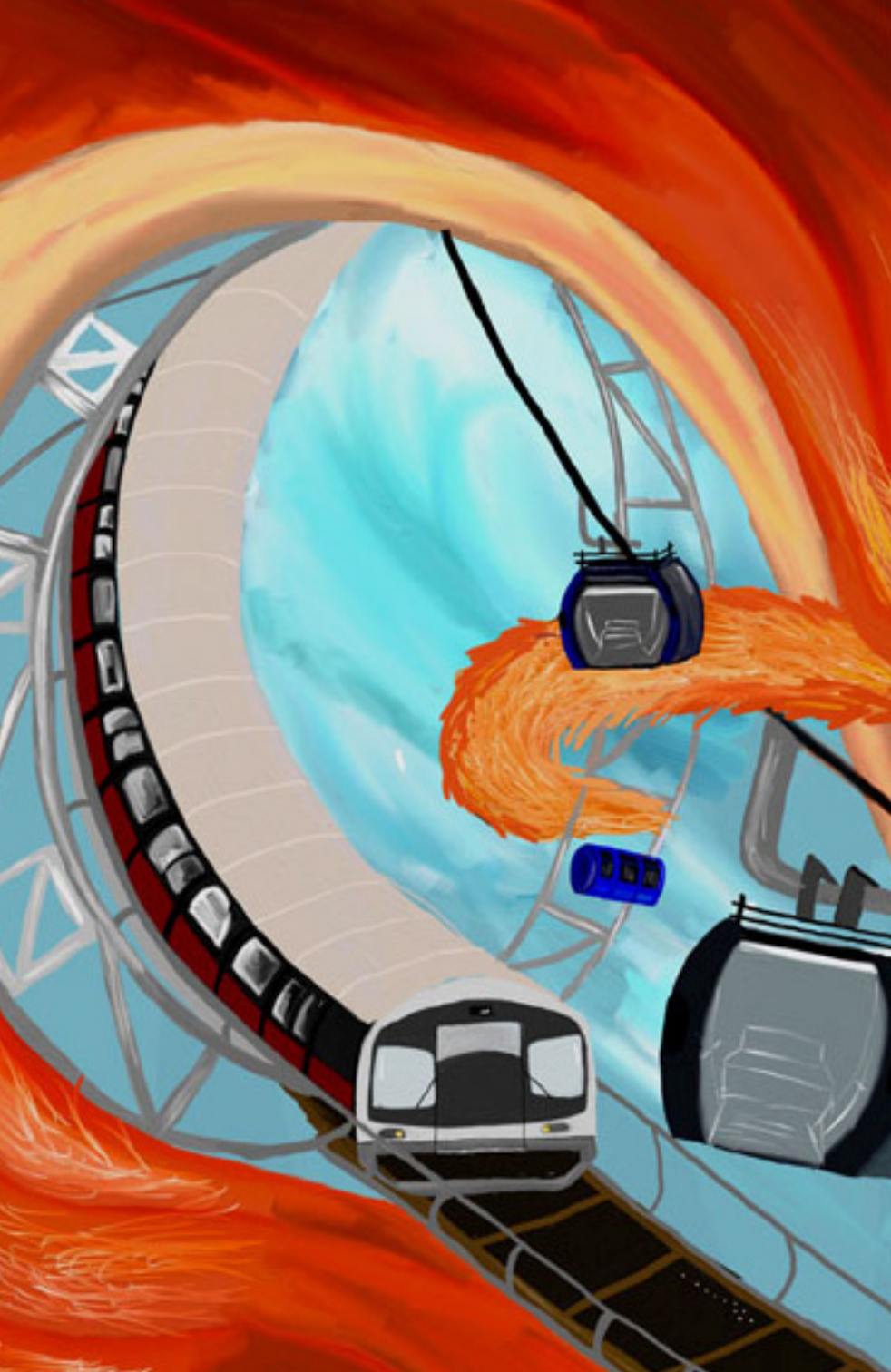
I learnt that Ms Yee has taken on cases pro bono, especially when the clients are not able afford the legal fees. She does this as she knows how her little contribution could go a long way for others. Ms Yee attributes her empathy to her Canossian education. She shared with us a recent pro-bono case which involved a person with special needs who was charged for causing hurt to a lady as she was pushed. Although he was suffering from autism, a medical report ruled that he was able to understand the circumstances and is therefore fit to stand trial. Ms Yee took on the case because she felt that it was unjust for a man with his

inherent condition to be charged for causing hurt. Eventually, the prosecution decided to drop the charges. Even though she was not paid any fees, Ms Yee was heartened by the outcome. She counted the case as one of the most fulfilling victories she has achieved as a lawyer because it showed how our society is evolving through inclusivity.

Towards the end of the interview, I asked Ms Yee how big a role the legal system will play in shaping Singapore in the future, and without hesitation, she proclaimed that law will always have a place in Singapore as without law, there will be no constitution, and without constitution, there will be no standards to allow Singapore to progress as a nation.

By Karen Ono (SACSS 4.8)

Teacher Facilitator: Mr He Junhao and Mdm Rasheeda Begam



Artwork:

**Knowing No Defeat
by Jocasta Tan Li Xuan**

(SACSS 4.5)

I juxtaposed our iconic Merlion along with the Singapore Flyer and our Mass Rapid Transit system. This artwork portrays Singapore as a safe and orderly city state with her beautiful attractions, a modern and efficient transport network existing amidst the nation's strong social and defense structures, portrayed by the over-arching symbol of the Merlion.

Law will always have a place in Singapore

As Singapore progresses towards her next lap of growth, the legislature will continue to implement new laws to ensure that our nation remains strong. Many countries view Singapore as an orderly environment guided by strict laws. To the citizens, the stringent laws ensure fairness in Singapore. As expressed by Ms Peggy Yee, the principal partner at PY Legal LLC, “Law will always have a place in Singapore”.

We completely agree with this statement as the rule of law is what shaped us and allowed us to progress as a nation with one of the lowest crime rates in the world. Certain laws in Singapore, for example the banning of the sale of chewing gum, may seem trivial to people from other countries, but this law has greatly benefited Singapore by ensuring that our built infrastructure and environment are kept pristine. Can you imagine sitting on chewing gum in a cinema seat or the MRT doors getting jammed because of gum?

A US citizen who migrated to Singapore, Wansai Ounkeo shares that it is not so much placing severe consequence to serious crimes that help prevents

serious crime on a larger scale but rather, the accumulation of relatively trivial laws helps build a system that constantly reminds people to be civic conscious and mindful of their actions. This in turn creates a practical deterrent that requires little policing. And this is why we can safely say that we are proud to be Singapore citizens because our effective laws ensure that law and order is maintained and Singapore is a safe place to live and grow.

In the coming years, Singapore will face greater challenges as we become increasingly dependent on advancements in our technological sector. This will bring about a different set of threats through cyber network and the social media. Singapore will need an Active Citizenry to look out for each other and keep Singapore a safe and harmonious place. We will also need the practitioners in the legal fraternity to continue to build on Singapore’s stability.

By Asha Sherine Kolandai and Megan Ng Neng (SACSS 4.8)

Teacher Facilitator: Mr He Junhao and Mdm Rasheeda Begam



Artwork: Decisions & Sacrifices by Janis Lim Hui (SACSS 4.5)

As the school celebrates her 140th anniversary, I drew a parallel to the similarities of the tribulations in our nation's growth and the growth of Canossian schools. With out a doubt, the transformation of our small nation is a result of the many decisions and sacrifices made by our first Prime Minister, the late Mr Lee Kuan Yew. Likewise, the foundation of the Canossian family has been built by the concerted efforts of generations of dedicated school leaders and Canossian Sisters.

Working hard and life's lessons

Ms Peggy Yee's eloquence left an inspiring and significant mark in our minds despite only meeting her for less than 2 hours at her practice, PY Legal LLC. She is an alumna of our school and is an empathetic lawyer who is a caring and compassionate contributor to Singapore's legal framework.

The other key take away from the interview session was her emphasis on the virtue of hard work. She believes "There is no replacement for hard work" and this thought made sense and resonated with us. We learnt that one has to work hard to find resolutions to our problems or accomplishing our goals.

Our relatively short encounter with the mother of three has taught us numerous life lessons. We discovered from her sharing on her time as a student in SAC how she struggled to get through her JC1 year and persevered in her determination to focus on her studies in JC2. As clichéd as it may sound, we believe that the Canossian education played a significant role in nurturing her not only academically, but to become the person she is right now: eloquent, determined and successful. These life lessons have also made us grateful that we too are receiving such quality education.

By Isabel Wong (SACSS 4.8) and Samuelyesa Mahata Sim (SACSS 4.7)
Teacher Facilitators: Mr He Junhao and Mdm Rasheada Begam

Our Strong Resolve to Go Green

After a delightful interview with Ms Belinda Huang, Director of ARC Studio Architecture + Urbanism Pte Ltd, a practice, set up by her and her husband, I learnt so much more about architecture. Ms Huang's interesting and eye-opening sharing, made me realise that the world of architecture is so much more than just designing buildings.

Ms Huang started off by defining what an architect does at the most basic level which is "to design something that meets client's requirements". Ms Huang also shared about the many different talents that included the lighting designers, landscape designers, interior designers, security planners, and builders who work in synergy to complete a complex project. She also spoke about the creative approach of The Pinnacle@Duxton, a brainchild of her company that has clinched many awards and brought architectural fame to our island. Ms Huang also highlighted the need to be pro-active citizens and be brave to challenge ourselves to achieve the seemingly impossible – just like how she, a girl from a convent in Middle Road, has gone on to design a world-class architectural project.

One comment that resonated with me was when she related a time at SAC where she received love and care, and learnt to improve herself. I can definitely understand and relate to what she said as being in a Canossian school, we are exposed to an environment where other-centredness, care and love are continuously practised.

Ms Huang also spoke about the environment and touched on the Garden City that is Singapore. With the variety of plants and trees flourishing along our roads and pavements, around our neighbourhoods and in our schools, Singapore is no doubt a green city. The efforts to ensure that we have greenery around us with everyone doing their part to save the environment with eco-friendly lifestyles is something we incorporate into our daily lives. As Ms Huang was speaking, I began to feel a great sense of gratitude to be living amid this green environment and incredible diversity that are the result of thoughtful planning, hard work and strong resolve to ensure that objectives are met.

The conversation we had was truly inspiring and it will definitely spur me on to endeavour to achieve the impossible for my country and my school.

By Rifat Hassan Bade (SACSS 3.7)

Teacher Facilitators: Mr He Junhao and Mdm Rasheada Begam



Artwork: The Legends by Yew Yu Qi (SACSS 3.9)

The artwork depicts the different legends relating to Singapore's past such as the story of Sang Nila Utama's discovery of Singapore amid stormy weather and his sighting of a lion, and the stories of how Pulau Tekong was formed by a frog and Pulau Ubin emerged from an elephant and a rabbit after the three animals failed in their attempts to cross the sea channel. Also illustrated is the Dragon Tooth Gate, a rock formation, which served as a navigational marker for ancient mariners sailing through the narrow channel between the two islands. The rocks were subsequently removed by the British in 1848 to expand the passage for larger vessels.

For me and for my country

"In the Canossian schools we were taught values that have honed our skills and taught us to be righteous people", proclaimed Ms Martha Fernandez who works as a gazetted mediator in a mediation centre set up by the Ministry of Manpower to deal with employment disputes. I found her words truly meaningful as I reflected on what she said. This value is enhanced by our teachers who emphasise the importance of principles and ideals, so that as we grow older, we learn to better appreciate the significance of values towards guiding us in making the right decisions.

She also said, "the younger generation of today have it much easier", and this made me question if I have played my part to contribute to Singapore when she has given me so much. I had never thought much about the future of Singapore. Ms Fernandez worries about the fact that many students don't care about the current issues affecting Singapore or the world because they think that it's a waste of time to read the newspaper when they could be studying for that 'A' in a test or exam.

Ms Fernandez also said we should ask ourselves, "what is it that we want to do so that we can be useful to ourselves and to the country as a whole." This made me think about my studies and how knowledge is not just about me but about the future and the betterment of my country.

By Nirzana Junnarkar (SACSS 3.7)

Teacher Facilitators: Mr He Junhao and Mdm Rasheada Begam



Artwork:

"Never too late"

by Yap Rui Xi, Kiara Oei,

Alea Hidayati, Lee Ye,

Sharlene Koh,

Krisha Patel

(SACPS 6 Courage 2017)

The Ozone layer is destroyed

Carrier ships are polluting

the ocean.

The Earth is getting warmer

Animals and plants are

struggling to survive.

It is never too late to show

a little love to our Earth.



The spirit of the bamboo

The bamboo shoot breaks out at every spring. It grows straight up and stands tall – portraying resoluteness and honour. Its modest hollow centre core depicts humility and open-mindedness.

The Chinese calligraphy accompanying the painting is composed by the Chinese painting Master Li Kuchan. The writing reads, “The bamboo does not show off even as it reaches to the clouds.”

Inspired by the attributes, I would like to encourage the younger generation to take a leaf out of the bamboo tree and embrace its positive virtues of integrity, humility, elegance, strength and an indomitable spirit.

竹笋每到春天，破土而出，给人以欣欣向荣，
奋发向上之感。竹外直中空，襟怀若谷，
是曰虚怀；国画大师李苦禅赞竹
“未出土时便有节，及凌云处尚虚心”
表达了竹节节高升，积极向上的精神风貌，
但又不失虚心豁达，刚正不阿之美德。
谨以此句话表扬我国领导层先辈们
在面对外界挑战时的坚韧不拔，
也在此鼓励年轻一代，
不管在生活中遇到什么困难，
我们要学习竹的正直、虚心、
高雅、坚强、与百折不挠的精神。



未出土時先有節
及凌雲處尚虚心

乙酉 戊戌 年

Artwork:

Sister Louisa Lim

Moving out of our comfort zone

Ms Martha Fernandez shared that she began working after she graduated from school. She worked at Shell Eastern Petroleum for forty years and served in different roles before taking a one-year break. Currently, she is a gazetted mediator dealing with employment disputes. Ms Fernandez added that no matter how difficult her work is, she continues to do her best. She has observed that the younger generation today is very fortunate to have access to modern technology to aid their work processes, access to a convenient public transport system and many other modern amenities as compared to the past generation. Despite the lack of all the conveniences, our forefathers appreciated what little they had and most of all, did not take things for granted and worked hard for what they yearned for to make lives better.

I realised then that the generations before us worked hard to improve the work processes and we are enjoying the fruits of their hard work today. Ms Fernandez also emphasised the need to uphold the values that the school has instilled in us and to focus on our studies. The short interview with Ms Fernandez has spurred me to move out of my comfort zone and work harder to contribute to the growth of my country so that future generations will have an even better place to live, work and thrive.

By Su Myat Nhwe (SACSS 3.8)

Teacher Facilitators: Mr He Junhao and Mdm Rasheeda Begam

IN TANDEM

Developing a sense of reality by fostering leadership and resilience



FOR SINGAPOREANS BY SINGAPOREANS

All roads lead to home

Four hundred feet up in the sky
The girl sat staring down
Her eyes traced the diamond shape
Admiring her hometown
She thought of the city
Which to her heart was so near
Even when work sent her far
She'd always come back here
She pictured the delicacies
The culture and the folks
The buildings and nature
The banter and the jokes
Even when she was a thousand miles away
There was only one thing on her mind
They lay back home
The family she'd left behind
They were her might
Her happiness and her light
And whenever she came home
Their faces beamed ever so bright
It seemed that her country was perfect
With not a single flaw
It held such magnificent beauty
That left her frequently in awe
The girl realised that no matter how near or far
Wherever she chose to roam
Every path and every road
Always led her back home

By Akanksha Thakur (SACSS 4.8)

Teacher Facilitator: Ms Valerie Ong

Artwork:

**A Peranakan House by
Deborah Chow En Xin,
Jelaine Ow Hoi Lum,
Lim Thong Ern, Wu Fiona,
Celeste Chong Xuan Ting,
Zoey Khoo Jing Wei,
Yap Rui Xi, Masyitah
Binte Tayeb, Annabelle
Neo Yu Xuan (SACPS
Primary 5 and 6 Art Club
2017)**

We shared through our artwork the rich diversity of the Peranakan culture that ranged from the refined embroidery, intricate beaded slippers and the unique filigree jewellery to the delectable Nonya culinary delights and the distinctive Nonya porcelain ware.



The Singapore of tomorrow

Are we ready for changes? Are we able to adapt to the changes?

As a student in secondary four I have thought about whether students of my generation, are ready to grow, accept and face the challenges that the world has in store for us. Whenever the phrase, "The future of Singapore", is brought up, it reminds me that I am in charge of my own future and in some small way, I can make a difference to society.

And when we think about what we wish Singapore to be, we would have to draw upon the values and qualities that are imbibed in each of us for the answer. As youths, we are somewhat idealistic, which I feel is a positive trait that youths must never lose. Optimism is another trait that will keep the tomorrow of Singapore shining bright. To succeed in achieving what we aspire,

we have to be consistent in what we do. We must also be able to set standards and goals for ourselves and for others. Lifelong learning is not another catchy buzzword but should become a way of life for us.

How bright the tomorrow of Singapore will be is dependent on our generation's ability to keep on learning, adapting, thinking beyond conventional boundaries. The blueprint for overcoming failure has already been put in place by our forefathers many decades ago and the new generation can keep that spirit kindled and incorporate the qualities into the map for the Singapore of tomorrow.

By Alyanna Ysabelle Pinpin (SACSS 4.8)

Teacher Facilitator: Ms Valerie Ong

Tears of our forefathers

Tears of our forefathers

Topmost on their minds

Can we survive?

Numbers show

A nation divided

Fast forward we go

Through thick and thin

Set aside what divides

Onward we march

Our guide

Glued to our focus

Overcoming our national plight 200 years on

What progress has been achieved?

When hearts beat as one

Looking at what mends; not what divides

Sleepy fishing village how much you have turned

The shoreline once calm and quaint

Now a hub on steroids, obsessed with being king

Fast-paced, materialistic

Self-driven powerhouse

You have shone bright

Tears from our forefathers

What can be topmost on their minds?

If they see us 200 years on

Tears will still flow

Albeit...of a different kind

By Lim Kai Ler Charlotte (SACSS 4.8)

Teacher Facilitator: Ms Valerie Ong

Education is the formation of the heart

Education can improve social mobility as well as serve as a game changer. By increasing our literacy skills, we are able to think critically and communicate effectively. We are thankful for the conscious efforts by the Ministry of Education in its allocation of resources to level the playing field for people from the lower-income group. We now have affordable education with many pathways catering to students from different backgrounds and abilities.

On a larger scale, education plays a big part in a nation's progress. Education prepares and equips us with skills to be productive in the workforce. Only with a productive workforce, can we attain economic growth and be reputable worldwide. In a nutshell, education allows us to make constant improvements to promote the growth of our nation.

The Singaporean education system has evolved over the years and proven to benefit our students. An international study suggests that Singaporean students, known worldwide for academic excellence, also

experience high levels of anxiety. This negative effect is the result from the pressure to excel in the education system that is known to be one of the toughest in the world. Students are often overwhelmed by the curriculum and find it difficult to cope. However, in recent times, we have acknowledged that the focus of education is not about winning in the academic rat race. Education is about thinking, unleashing potential and discovering oneself. The parameters should include learning what one is good at, learning how to overcome challenges and developing a love for learning – in other words, it's about the formation of the heart.

High standards of education and academic rigour have proven to be a critical component to strengthen growth. As such it is imperative for us to continue to review and improve our education system to bring Singapore to greater heights. However, it is the service, the compassion, the empathy for others and the intrinsic motivations that are ever so important to this nation.

By Jasleen Kaur D/O Rahinder S (SACSS 4.7), Ashley Lim Li Xin (SACSS 4.7), Thew Yu Zhen Vanessa (SACSS 4.7), Wong Qian Ning Shernice (SACSS 4.7), Sarmiento Nina Alyssandra (SACSS 4.8)

Teacher Facilitator: Ms Eileen Ee

Steadfast Canossian identity

As a student in St. Anthony's Canossian Secondary School, I am proud to be celebrating our 140th anniversary. It is an honour to be part of a school with such a rich history and culture that has been passed down over generations. Even though trends have changed over the years, the Canossian identity that we have adopted from our Foundress remains relevant and is something that would never change.

Schools play a significant role in building for the future. It is a place where students build their foundations in life when they are young. They continue to grow and progress in their journey of Lifelong Learning. Students across all schools are prepared to be assessed in the major national examinations. Holistic development also adds to a student's growth. I strongly believe that inculcating values and character development play a major role in the formation of a person's identity and personality as well.

Being a student in a school where our Foundress' traits of love and compassion are constantly being practised by students, I am proud to proclaim that I am a Canossian student. Qualities such as the Can-do spirit, Other Centeredness, Responsible Individuality, Resilience and Inquiring Mind has been ingrained in me and is part of the Canossian education that serves to empower students to be committed servant leaders of tomorrow by developing the whole person spiritually, emotionally and intellectually. Society may be constantly changing, but these are qualities that are crucial and pivotal in the development of the whole person and will forever remain timeless.

By Athena D/O Saravanan P (SACSS 4.6)

Teacher Facilitator: Ms Valerie Ong

Artwork:

**Futurist Worlds by
SACPS Primary 5 Art
Club 2018**

Futurist Worlds is about our dreams and hopes for the future. The artwork shows the future world that we would like to live in. It is made up of buildings and transportation that we would like to see in the future in Singapore. Happiness and creativity are conceptually depicted.





The Canossian of tomorrow

I recall the beginning of my Canossian journey. As I set foot into this school, 3 things stood out for me – love, compassion and resilience. I vividly remember an incident that occurred on my first day of school.

The bell had rung and I was waddling down the aisle towards the canteen with a drink in my hand. Unfortunately, a chair was in the way and my drink splashed onto an older girl. I remember cowering in fear and bracing myself for the impending storm. However, although subtle, the action that followed shook me to the core. The older girl looked down at me, smiled and asked me if I was alright.

I could not make sense of it. Even though I had soiled her uniform, she cared more about my well-being. This was a simple act that stirred the Canossian in me. Being a Canossian is not only about being other-centered and kind-hearted. It is also about being ever-ready. Like the senior who did not waste a minute before leaving to get a new uniform for herself, our minds should not stall before an obstacle. We immediately generate ideas and strategies to overcome a situation. Our thought processes constantly evolve together with the changing problems and issues. This is what the future of Singapore demands.

Adaptability plays a crucial role in building the future of Singapore. Being one of the busiest nations in the world, with manpower and technology as our strengths, we are required to adapt to changing times. Being adaptable is beneficial especially in capitalising on the opportunities that open up for us in the workplace enabling us to grow constantly. This way, we allow ourselves to feed the constant development of our country. We fulfill the demands of staying ahead in the never-ending race of economical and emotional growth. Thus, it is obvious that being a Canossian does not only enable us to be emotionally aware but it also gives students like me a head start in building the Singapore of tomorrow.

By Alex Sathyan Anne Saphrin (SACSS 4.8)
Teacher Facilitator: Ms Valerie Ong

Artwork: A Century from Now by Athena Kuah (SACSS 4.2)

Countless stars in the galaxy light the night sky, with the occasional shooting star flying by. You cannot predict what will happen in a hundred years' time. In the past, our source of knowledge was through the written word reproduced in books which we flipped page by page. Technology has transformed this into floating words and moving pictures that appear and disappear, which we control through the swipe of our fingers. In addition, technology has given us the ability to search for limitless information shared by others, which has empowered us and brought us a lot of convenience. Perhaps in the future, we will experience technology in the form of Artificial Intelligence, where robots have their own thoughts, and can guide, teach and interact with us.



The place I call home

I remember the day I left
And what made me do so
It was because I lacked purpose in life
And had nowhere else to go

I thought this place was meaningless
And wouldn't get me far
My friends they stared at me
As though I were bizarre

To me this country was boring
And becoming an eyesore
I longed for a place that was fresh and new
And one that would offer so much more

Those few years spent elsewhere
I was on cloud nine
The sun shone bright, scattering its light
It was all perfectly fine

But there was a nagging feeling in my gut
A thought telling me something was wrong
This mystical and carefree country
Was not where I belong

When my life began to collapse
And everything started to fall
I looked to my only pillar of support
My family, standing tall

No matter where I went
No matter where I roam
The little red dot, my birthplace
Was beckoning me to come home

By Akanksha Thakur (SACSS 4.8)

Teacher Facilitator: Ms Valerie Ong



Artwork: Our Shelters by Dione Neo (SACSS 4.2)

The Housing and Development Board (HDB) is special to Singaporeans as their focus is about building quality homes that are sold affordably, along with having a cohesive community, managing racial harmony and building bonds among Singaporeans. I drew this image because I want to show that there can be different types of people living in the same building harmoniously. One thing that I found interesting about HDB estates is that they have many variations of architecture designs, some even have vivid paintings painted on the HDB facades. People of all ages, races and religions would be able to live in HDB flats.

Together we're stronger

Our missionary Sisters from Italy immersed themselves into our Singapore culture very quickly. Some went to class with us to study English in the 1950s and 60s at St. Anthony's Convent. They were great "Mothers" with big hearts! It was one big loving Canossian family with one mission and no distinction. The poor were their treasures and as Mothers and guides, they spent long hours with the students, in and beyond classrooms, to ensure a solid Christian formation and education. We were one community comprising Sisters from various nationalities, performing different roles – porter, principal, cook, teacher, tuckshop manager, counsellor – serving the well-being of society and for the glory of God.

By Sister Marilyn Lim

Artwork:

**From Italy and Singapore
United in Service – One heart,
One Mission, One Love in Singapore**

(Photo from left to right):

Sisters Catherine Wong, Maria Riva, Christine Teo, Natalia Tasca, Dorothy Snata Maria, Margaret Rodrigues, Irene Pagamoni, Anna Ong, Bruna Bossi, Marisa





IN TANDEM

Reinforcing our sense of belonging with a widened perspective by staying local, going global

A SENSE OF BELONGING

A family affair

My grandmother and great grand aunts completed their studies at St. Anthony's Convent in Middle Road. Thanks to their wonderful teachers, they did well in their studies. They have shared with me many vivid memories of their school days. I listened with awe whenever they shared what happened in school. Hence, I was not only glad when I was enrolled in SACPS, I had a somewhat familiar feel to the place.

Through the years here, I have been inculcated with a cheerful outlook and encouraged to live my life with compassion. These values are constantly emphasised by our principal and the teachers, and are embraced by us. Whenever I notice my friends looking sad, I would try to comfort them, just as my teachers would comfort me whenever I am feeling down.

I like the school because the teachers are caring. They never fail to offer their help when I struggle with my school work. I am thankful for their dedication and aim to write them a note to express my appreciation of their dedication on Teachers' Day.

Apart from the caring culture, I am also appreciative of the beautiful surroundings in school. Among my favourite spots are the two gardens that are located between the primary and secondary schools. I find them very therapeutic and relaxing whenever I visit the gardens especially during the stressful examination period. Taking a stroll in the beautiful gardens filled with thriving blooms definitely works wonders in easing the pressure.

All in all, this is an amazing school and I would surely remember the wonderful moments I have spent here. Just as my grandmother and great grand aunts shared with me the wonderful stories, I look forward to my turn to share cherished memories of my school life in SACPS with the next generation.

By Shania Reese Pereira (SACPS 5 Temperance)

Teacher Facilitator: Mrs Angela Tan, Ms Serene Soh

Artwork:

Family Meal

by Chong Rei Eyan

(SACPS 5 Piety 2018)

Family meal is a time that I always looked forward to as it is a time when everyone gathers to enjoy a meal together. It is also an opportunity to stay connected as part of the family by sharing with one another about each other's activities.



Nurturing citizens with a heart

When I first stepped into SACPS, I was a timid seven-year-old girl. I walked into my classroom filled with anxiety. Would I be able to make friends? Would I have good teachers? These questions raced through my mind as I took my seat. In retrospect, having gone through six years in SACPS, I would confidently proclaim that my experience has been nothing short of fulfilling because it is a school with a heart.

I recall from my first day, my teachers have constantly reminded me of the significance of our school values – commitment, compassion and cheerfulness. They have taught me that being committed means taking pride in my work. They have also reminded me to show compassion to my friends and family, as well as to remain cheerful even when things do not go my way. I am grateful to have had teachers who walk the talk. I recall a period in Primary 6 when I found it hard to concentrate during lessons. Noticing this, my teachers made time despite their busy schedules to offer me

encouragement to spur me on by constantly reaffirming my efforts. That meant a lot to me and thanks to my supportive teachers, I got back on track.

I also feel that the school provides opportunities to develop its students to their full potential. When I was in Primary 3, my teachers recognised my ability to grasp the Chinese language and offered me an opportunity to participate in the Mandarin Storytelling Competition despite the fact that I am an Indian. I was delighted as I felt that my teachers had placed a great deal of trust in me by maximising my potential. Thereafter, I continued to represent the school at other storytelling competitions and did the school proud. I am grateful for the support and encouragement given by my teachers especially when it matters.

By Meera Mardolker (SACPS 6 Temperance)

Teacher Facilitator: Ms Serene Soh

Staying grounded

SACPS embraces values such as commitment, compassion and cheerfulness. The school ensures that we assimilate what it means to be a Canossian student. This emphasis on values is what I find precious and love about the school.

The school also engages the students in diverse and novel ways to make their learning process more enjoyable. There is the multiplication table on the stairs and Mathematics-related games near the canteen. We have free time on Mondays to play at the deck spaces and challenge ourselves to come up with different games. During Science lessons, we are provided with the opportunity to engage in learning experiences using a variety of lab tools and gadgets. There are also singing sessions early in the morning to allow us to appreciate the beauty of music.

The teachers are motivated and nurturing because they take the time and effort to observe our behaviour in class before assigning us our respective class roles.

I appreciate how firm they are even when they reprimand us when we have done something wrong as it allows us to learn from our mistakes. The caring culture is integral in making SACPS a wonderful school to be in.

The environment at SACPS is conducive for teaching and learning. From the vibrant colours on the walls and the serene gardens to the well-lit classrooms and the functional layout, the school is most definitely efficiently planned. I have also witnessed the school change in many different ways. From staff leaving and new staff coming in, upgrading of the building, students enrolling and graduating, principals leaving and a new one stepping in, things have grown and developed through the years. However, the ethos, values and spirit of the school remains firmly grounded. I feel truly blessed to be in SACPS amidst the many changes over the years.

By Deborah Low En Qi (SACPS 5 Courage)

Teacher Facilitators: Ms Jayne Leong, Ms Serene Soh

Artwork:

Singapore Our Home

by Tianna Nicobell

(SACPS 4 Temperance

2018), Maryam Shaikh

(SACPS 4 Justice 2018)

"This is Home truly,
where I know I must be,
Where my dreams wait
for me..." the familiar
refrain from one of my
favourite National Day
songs, "Home".

Singapore is indeed
the place I call Home.



The world and beyond

“Via, Veritas, Vita. The way, the truth, the life.” This is the school motto which I learnt to embrace throughout my five years in St. Anthony’s Canossian Primary School (SACPS). The school has shaped our character, moulded our thoughts and most importantly, taught us to serve others with a heart. In the course of all these, the school has prepared us for the world beyond primary school.

I love the interesting programmes, especially Performing Arts (“PA”) and Music, which are the school’s niche areas. When I was in Primary 4, we learnt the intricacies of Wayang Kulit during PA lessons and experienced the hands-on sessions handling the traditional puppets. It was a very enriching experience! My favourite PA lesson was “STOMP” where we learnt drumming and generated rhythmic beats as an ensemble. As a result we were exposed not only to finer aspects of drumming but we developed teamwork and team spirit as well.

Another lesson that I enjoyed was when we were taught how to play the ukulele. I loved it so much that I got my mother to buy me a ukulele so that I could hone my skills during my free time.

I will cherish the memories and genuine friendships developed over the five years in the school which I feel were the best years of my school life. Going forward, I have a suggestion that in the not too distant future, the school would introduce programmes to prepare the students for the digitally-connected world, such as the rudiments of computer coding for lower primary and robotics for upper primary levels. The proposed programmes also serve to provide the school with a stream of talented students for the school’s Robotics Club and to groom them to represent the school in coding and robotics competitions.

By Chong Rei Eyan Glenda (SACPS 5 Piety)

Teacher Facilitators: Mrs Yap Yah Lian, Ms Serene Soh

Highlights of my experience in SACPS

"Which primary school am I going to?", I asked my mother when I was in Kindergarten 2. "St. Anthony's Canossian Primary School!" she replied enthusiastically. As I found out that most of my friends in the kindergarten were heading to other schools, I felt a tinge of disappointment then. Little did I know that it was to be a blessing.

I remember the first day of school vividly. After my parents had dropped me off at St. Raphael Gate, I felt a sense of excitement and nervousness as I stepped gingerly into SACPS. The school was so much larger than the kindergarten I used to attend. Time passed by quickly and soon the dismissal prayer was broadcast over the public address system. Upon finishing the prayer, it was time to head home after my first day as an SACPS student. As I made my way to St. Raphael Gate, where my mother was patiently waiting for me, I had so much to tell her.

As it turned out, I would have many more things to tell her as the years passed because there were so many interesting programmes in school. I remember attending an Adventure Camp held at Bedok Reservoir when I was in Primary 4. I had been looking forward to it until I realised that I had to walk there! Although I was perspiring by the time I reached Bedok Reservoir, I was happy that I made it. I went on to complete the challenging course and was glad that I persevered till the end.

Fast forward to Primary 5, I was by then a proud member of the school's choir. We were participating in the Singapore International Choral Festival (SICF) that year. Although we knew that our chances of getting into the Grand Prix were slim, we worked hard for it. Our teachers' continued encouragement spurred us on and we did our best. On the final day of SICF, I was a little nervous. It turned out my worries were unfounded because we did quite well. I could not believe it when we were selected for the Grand Prix. Although we did not win during that round, I was still exhilarated knowing that the choir had done its best.

By Kayla Rae Marsh (SACPS 6 Prudence)

Teacher Facilitator: Ms Serene Soh

**Artwork: Jet-setters by Yew Min Alyssa Nicole, Chong Rei Eyan Glenda,
Jessie Tang See Yun, Lim Rui Yi, Natalie Lim Wan Xuan (SACPS Primary 5 Art Club 2018)**

We are a group of jet-setters having lots of fun. As jet-setters, we enjoy travelling to various destinations. We wish to continue to experience the vibrance of travelling and share our joy as expressed in the art work.



A blessing

As a Catholic, I feel very thankful for this school because SACPS holds special masses and ensures that we say prayers in the morning, after our meals and during dismissal time. The school also adopts an inclusive environment which allows those who practise other faiths to say their own prayers and attend character development lessons while the Catholic students are attending mass or Pastoral Care.

One of the reasons I love SACPS is because besides studying and learning new things, the school places a very strong emphasis on doing our part for the world around us. For example, we encourage everyone to place recyclable items into the bins. We organise an annual fundraiser where all proceeds are channelled to the World Wide Fund to help support animals.

Besides saving the environment, SACPS has also given me opportunities to donate to the less fortunate families. One such opportunity is our Lenten Project. Every year, we are given a few weeks to make our own coin bank and fill it with some money which will be donated to the less fortunate families. This is a project which many girls take pride in, and we see many beautiful and creative coin boxes every year. Upon reflection, I realise how blessed I am to be able to share the blessings with the less fortunate.

By Alicia Lariel Tenorio Pinpin (SACPS 6 Prudence)

Teacher Facilitator: Ms Serene Soh

Touched by kindness

SACPS is my second home. It is where I learn, have fun and make new friends. I feel very comfortable and secure here in SACPS because everyone is approachable. It is also a conducive place to study. Teachers and friends are at hand to encourage us to do better and to guide us when we face difficulties in our studies.

When I first joined the school, I was a shy girl and only had two friends. With my teachers' encouragement, I have grown to become more confident of myself and gone on to make many friends. We chat about anything under the sun and encourage one another whenever we are feeling down.

The school instils in us the values of Commitment, Compassion and Cheerfulness and we are encouraged to help the less fortunate. There were times when we raised funds to help those in our neighbouring

countries affected by natural disasters. One of the school programmes that I look forward to attending is the annual National Day Celebration. The highlight for me would definitely be the performances by the Primary 4 classes. I was particularly proud to have contributed by performing a dance item last year and my class won the Most Creative Award. We were very proud of our achievement.

The staff at SACPS are caring and do look out for us. Once, I suffered a nosebleed that would not stop. One of my form teachers stayed with me in the toilet until the bleeding stopped and a school cleaner helped to clean the sink promptly without a word of protest. I felt very touched by their kindness. I feel very blessed to be a student here.

By Samatha Sim Jia Hui (SACPS 5 Steadfast)

Teacher Facilitators: Mdm Magdalene Koh, Ms Serene Soh

The SACPS experience

At the beginning of a new week, we have Interaction Time on Mondays. During the scheduled period, we get to meet up with friends at the canteen, in the garden, or at the covered deck to catch up with each other and share what we did over the weekend. We use the opportunity to strengthen our bonds and to get know each other better.

Besides Interaction Time, there is also Silent Reading on Monday morning. During this time, we get to transcend into the realm of stories. I feel that reading is a very beneficial activity as I can broaden my knowledge and broaden my vocabulary.

I look forward to morning exercises. On scheduled days of the week, we would assemble at the covered deck and head out to jog 6 to 8 rounds around the school field or gather in the Indoor Sports Hall to stretch and perform simple exercises such as push-ups and jumping jacks. Sometimes, we also play simple games.

I think that SACPS is a conducive place for learning. Besides focusing on achieving academic results, the school also emphasises holistic development. The staff and teachers at my school are also very understanding and caring. They are always there when we face difficulties in our schoolwork or need advice on decision-making.

I envision that our school will increasingly be introducing technology in teaching and learning within the classroom so that the load in our school bags can be lightened. I also see the school switching to more sustainable energy such as solar panels and be an environmentally-friendly school. I am sure the future generations of students will be just as proud of SACPS as we in the current cohorts are.

By Ng Ying Xuan (SACPS 5 Piety)

Teacher Facilitators: Mrs Yap Yah Lian, Ms Serene Soh



Artwork: Through the Looking Glass by Chloe Peng Jia Xuan (SACSS 3.9)

The artwork depicts how education is transformed in the future. I visualise an innovative classroom, where students attend lessons in a more interactive way such as holding discussions with the aid of digital lenses and transparent digital panels. The transformed future classroom offers a more visual learning environment to engage students.

Forming visionary leaders

Singapore has developed from a fishing village into a cosmopolitan city at a very fast pace. Progressing in tandem with the economic development of the city with state-of-the-art infrastructures is also the emphasis on education. The Catholic Church contributed immensely to the integral formation of children and youth by setting up schools and catering to the needs of the lower income working class families through the Catholic Welfare Services and various Religious Institutes and groups.

Since the arrival of the Canossian Sisters in 1894 to take over the running of the school started by St. Joseph's Church at 111 Middle Road 140 years ago, the Canossian schools have grown from strength to strength. The schools focused on the formation of mind and heart of the children and youth, inculcating spiritual and moral values. Committed to the service of God and others, they also foster racial harmony, inter-religious understanding, and more importantly, love and care for each person, especially those from poor and disadvantaged families.

As Singapore is aspiring to be a smart city, we hope to continue to contribute towards shaping our students into Visionary Leaders with a Heart to Care and Hands to Serve.

By Sister Janet Wang

Forming Visionary Leaders with
a heart to care and hands to serve
building inter-religious harmony and peace

**Artwork: Forming
Visionary Leaders**
Rendered with a
mixed media
palette combining
water colour and
acrylic with inked
manuscript
calligraphy.



Sowing seeds of Hope...

老师，辛苦了

我在圣安东尼女校就读了五年。在这五年来，让我印象最深刻的是我的老师，她们就像是我的父母，教导我，照顾我。

我最感激的老师是我的华文老师。我从小最不喜欢上华文课，因为华文对我来说非常难。可是老师们很细心地准备丰富有趣的课程，让我对华文产生了兴趣。如果我在学习上遇到问题，她们总是耐心地为我解答。她们也会花时间为我们准备课外的练习，巩固我们的学习。老师们也很辛苦，每天下课后还要批改作业，准备第二天的功课，可是她们从来都没有抱怨过。在她们无微不至的照料下，我对华文的兴趣越来越浓，成绩也进步了很多。

学校的老师不但很认真地教书，而且也花心思买很多小礼物来鼓励我们读书。记得在我小学三年级的时候，我的华文老师蔡玫芳老师就买了很多小礼物当作奖品。不仅是成绩好的同学能得到奖励，学习有进步的学生也能得到奖品。当时，我就领到了老师的礼物，心里不知有多开心，学习华文的兴趣由此又加深了不少。

老师费了很多时间和心血教导我，我十分感激她们。老师就像个钻石抛光师，擦亮我，使我成为美丽的钻石。老师，您辛苦了，谢谢您的教导！

By 叶恩娜 Regina Yap En Na (SACPS 5 Prudence)

Teacher Facilitator: Mdm Huang Shansi

母校我爱你

“铃！”上课的铃声如美妙的音乐般响起。同学们都像踏上了风火轮似的冲向课室。我看着陌生的周围，不禁感到有些孤单，好希望可以像她们一样，有多一些朋友。突然，一位同学拍了拍我的肩膀，向我微笑，同时也介绍了自己，说她想做我的朋友。当我们手拉手，一起走去课室时，一股暖流涌上了我的心头。还记得那是在新学校的第一天，学校却已经让我留下了深刻的印象。这间学校就是圣安东尼女校。

在我十岁时我转到圣安东尼来求学。转眼，两年的时间过去了。两年的时间，说长不长，说短也不短。一件最令我难忘的事就是五年级时和同学们一起去马六甲。

在那里，我们品尝了很多美味可口的娘惹美食。我们还参观了一些旅游景点，拜访了那里的姐妹学校。通过这个活动，我不仅学到了不同种族的文

化，同时也有机会增进与同学和老师之间的感情。我真希望学校可以多举办一些这类的活动！

除了学校多姿多彩的活动以外，学校里的老师和同学也成了我生活中重要的部分。圣安东尼女校的老师和蔼可亲，对学生也十分亲切，我们都非常喜欢她们。同学们也互相帮助，互相关心，让我感到人间处处的温情。我在圣安东尼女校学习的这三年，我和老师，同学们，建立了深厚的感情，一起分享了许多快乐的时光。这些时光就像是海滩上的贝壳，我将它们一个个拾起，放进我的百宝箱内，珍藏起来，它们是最珍贵的财富。

虽然我现在已经六年级了，快要毕业了，但我永远不会忘记我在圣安东尼所经历的事。我爱我的同学，我爱我的老师，我爱圣安东尼女校！

By 叶心怡 Yip Xin Yi (SACPS 6 Prudence)

Teacher Facilitator: Mdm Huang Shansi

我和圣安东尼携手前行

还记得六年前，扎着两个小辫子的我，背着一个大书包，带着忐忑的心情迈入了陌生的校园。她就是圣安东尼。

她一身洁白，崭新的课室和桌椅散发着一股强烈的吸引力，让我深深地喜欢上了她。

我每天带着期待的心情投入她的怀抱。穿着淡蓝色衣服的我们就像是她养育着的小蝴蝶，快乐的在这个乐园里学习、成长。在这里，有 Mrs Sum，我小一的级任老师，一位有着丰富经验的老师，她教会了我分类整理课本笔记、认真学习的好习惯，同时也帮我在学业上打好了稳固的基础。

随着时间的流逝，我已经是三年级的学生了。Mrs Gomez，我的新老师，引领我进入了新的学科，让我对科学、对周围的环境和大自然产生了巨大的兴趣。她也带领着我从一个对自己负责的小学生变成

了为大家服务的学长。我站在校门口、楼梯旁、图书管里迎接同伴们来学校、提醒学妹们小心阶梯、维持图书馆的安静。因为我自己就是看着我的学姐这样为我们服务的。

不知不觉，我升上了五年级。高华成了我的一个新科目，使我不禁又一次忐忑起来。是雷老师让我慢慢在这个科目中拾起信心。来到小六，紧张的学习永远被排在第一。是我的老师，她们用一张张小卡片勉励了我，让我鼓起勇气追求卓越。

时光匆匆，眼看在圣安东尼的六年学习就要结束了，我对她充满了不舍之情。离开了学校，就等于离别了我那些大方、热情、友善的同学与乐观、善良、幽默的老师。但是她们会永远留在我的心中。

感谢你，圣安东尼，给我六年美好的记忆。

By 刘畅乐 Liu Changyue (SACPS 6 Prudence)

Teacher Facilitator: Mdm Huang Shansi

校园轶事

时间过得很快，转眼之间，我已是五年级的学生了。我每天背着沉重的书包，却踏着轻快的脚步，兴致勃勃地投入您的怀抱，因为每一天我都期待着新鲜的事情发生。

一年级时，我搭校车上学。还记得第一天，我和妈妈站在离家不远的地方等待校车到来。不一会儿，神气的黄色校车来到了。车门一打开，我像登山一样，小心翼翼地爬上去。就在这时，一位六年级的学姐从座位上站了起来，迅速走向我，一边微笑，一边牵着我的手，带着我坐了下来，教我放好书包，好好待着，不要随便走动。她还温和地对我说：校车一下子便会到达学校，待会儿你跟着我就行了。她的爱护和帮助令我顺利地完成了第一次校车旅程！

四年级的一天，有几个一年级的学妹跑过来告诉我有两只蜜蜂宝宝摔倒在地上。我感到非常好奇，便跟着她们去看个究竟，发现两只蜜蜂已是奄奄一息，再仔细看清楚才发现它们的蛰针已脱离身体。我便告诉这几个小同学蜜蜂的蛰针像是它们的宝剑，一般是因为要抵挡敌人的袭击才会用到的。但是蜜蜂的这把宝剑是它们身体的一部分，所以蛰针脱离身体后，蜜蜂就会死去。想到两只蜜蜂为了保护同伴而牺牲了自己性命的时候，我鼻子一酸，泪

珠在眼眶里打转，心中的难过是非笔墨所能形容的。我拿出了纸巾，把两只蜜蜂包起来，再放到花园里。我看着它们抖动着，直到它们没有气息后才离开....

五年级，我们在科学课上学会了植物界中大部分的花朵是依靠传播花粉而达到繁殖的目的的概念。一天早上，我和同学们结伴到花园去散步。清晨的凉风，五颜六色的鲜花，让我们想到了要为花儿授粉的主意。我们小心翼翼地用手指把花粉从一朵花带到另一朵花的柱头上。这个实验持续了大概两个月。我们每天都会回到花园检查花朵是否结果，但是一直也没有发现任何改变。授粉的过程一定是出了一些问题，所以我们才没有成功地帮助花朵结出果实。虽然实验没有成功，但我和同学之间的感情却增长了许多。

学校像是一个大家庭，家庭的成员多，每天发生的新鲜事物和趣事也是多不胜数。对我来说，这个大家庭不只是一个让我学习知识的地方，在这里，我还学会了做人的道理，学习如何去帮助别人，理解别人的感受，用正面的思想去面对困难或挑战，不因失败而放弃。为了报答您给我的教育和爱护，我誓愿成为您引以为傲的学生，长大后成为一个对社会有贡献的市民。

谢谢您，我的母校

记得我第一次踏进这间学校时，我就觉得她很特别。她的与众不同在于她有一种“家”的味道，仿佛就像我第二位“母亲”。渐渐地，我就喜欢上了我人生当中的这位慈祥的“母亲”。她不分宗族，言语和宗教，即便有些学生不是天主教徒，她还是会张开双臂把我们拥入她温暖的怀抱。是圣安东尼的呵护、教导和栽培让我从一个什么都不会、不懂的顽童变成如今的自己；是圣安东尼把我领进了那无穷尽的知识海洋里；也是圣安东尼把我和可亲可敬的启蒙老师连在了一起。老师们辛勤的劳动，把知识和做人的道理传授给莘莘学子。她们费尽心思地备课，任劳任怨地付出，才有了学校桃李满天下的辉煌。

圣安东尼为我带来无限的欢乐与值得留恋的回忆。在这里，我认识了许多知心的好朋友，刘畅乐便是其中之一。她是个品学兼优的好孩子，冰雪聪明，长得也是十分清秀可爱，算是每个人眼中的模范生。我们经常拿华文成绩来对比，对于我来说，她算是我的“头号敌人”，我们“相爱相杀”，在竞争中携手进步成为好友。感谢圣安东尼，我们才会相遇，为我们添加了许多美好的回忆。

圣安东尼，您让我懂得了要热爱祖国，要努力学习，做个正直、诚实的人，长大后为国家作出贡献。我们在您的温暖的怀抱中，获得了知识的琼浆，做人的道理，这些必将让我获益终生。

谢谢您，我的母校！希望您硕果累累，年年丰收！

By 陈佩瑜 Chen Peiyu (SACPS 6 Temperance)
Teacher Facilitator: Mdm Huang Shansi



**Artwork: We love our school by
Nadia Binte Mohamed Kassim (SACPS 5 Piety 2018)**

The artwork is illustrated to show how much we are enjoying
school life in SACPS and how much we love our school!

Liku-liku kehidupan di SACPS

Nama aku Lina Irdina. Aku berada di dalam kelas 6 Prudence tahun ini. Ini merupakan tahun terakhirku di dalam sekolah rendah sebelum melangkah ke alam sekolah menengah pada tahun hadapan. Tidak dapat dinafikan bahawa aku seringkali memikirkan tentang bagaimana agaknya kehidupan di sekolah menengah nanti. Ini membuat aku teringat kembali pada hari pertamaku di SACPS. Terdapat banyak kenangan manis dan pahit sepanjang kehidupanku di SACPS. Namun, aku tetap menghargai setiap kenangan.

Semuanya bermula pada tahun 2013. Aku memang seorang yang pemalu dan disebabkan itu, aku tidak mempunyai teman pada masa itu. Aku lebih selesa untuk bersendirian. Namun, dalam jangka masa beberapa bulan, aku mula mempunyai seorang teman akrab. Dialah tempat aku mengadu nasib di kala aku dalam kesedihan. Kami sering meluangkan masa bersama bersembang dan berjenaka.

Namun, bak kata pepatah, 'air pun ada pasang dan surutnya.' Begitu juga dengan persahabatanku bersama teman-temanku di SACPS. Aku dan teman-teman belajar tentang erti persahabatan walaupun ada masanya kami tidak sehaluan. Guru- guru di SACPS juga telah memainkan peranan yang sangat penting

dalam memastikan persahabatan yang terjalin akan berkekalan. Aku mula pelajari bagaimana untuk mencari teman-teman yang akan bersama aku dalam masa susah dan juga senang. Teman- temanku di SACPS telah banyak membantu aku dalam pelajaran dan juga kehidupan. Kata-kata motivasi yang diberikan mereka kepadaku ketika aku bersedihan juga telah membantu untuk menguatkan diri aku lagi.

Sebagai contoh, aku diberi peluang untuk bernyanyi bersama teman-teman yang lain setiap pagi semasa sesi nyanyian sekolah. Pengalaman ini telah membuatkan diriku berasa seronok dan tidak keseronokan. Pada mulanya, aku berasa malu dan takut, tetapi dengan sokongan yang diberikan oleh teman-teman dan guru-guru, aku mula menjadi seseorang yang lebih berani untuk menghadapi segala cabaran kehidupan. Aku belajar bahawa untuk meraih kejayaan, kita tidak seharusnya mudah berputus asa. Itulah mesej yang ingin aku sampaikan kepada teman-teman yang lain. Aku juga berharap teman- teman yang lain akan meneruskan 'adat' SACPS iaitu sentiasa saling tolong-menolong.

Semestinya, aku akan merindui sekolah ini. Pada masa yang sama, aku juga tidak sabar untuk memulakan kehidupan baharu di sekolah menengah. Teruskan perjalanan meraih kejayaanmu dan berani menghadapi dugaan kehidupan, wahai teman-temanku di SACPS!

By Lina Irdina Binte Ner Rahim (SACPS 6 Prudence 2018)
Teacher Facilitator: Cikgu Nur Atiqah Rohaizad

Artwork:

Life Has Moods

by Boey Joey

(SACPS 5 Piety 2018)

The artwork depicts the moods of an 11 year old child facing different situations, drawing out different emotions and feelings that need to be managed.



Pelangi persahabatan

Persahabatan merupakan sesuatu yang amat penting dalam kehidupan saya. Selain daripada sokongan keluarga dan guru-guru, persahabatan yang telah terjalin di antara saya dengan rakan-rakan saya di SACPS amat penting. Tanpa mereka semua, saya tidak mungkin mengecap kejayaan. Mereka semua merupakan sumber kekuatan saya di sekolah. Mereka juga telah membantu saya untuk menjadi lebih matang, baik hati dan tidak mementingkan diri sendiri. Situasi ini sungguh berbeza sekali jika dibandingkan dengan situasi sebelum ini.

Dua tahun yang lalu, saya merupakan seorang murid baharu di SACPS. Saya telah menetap di Macau selama lima tahun sebelum pulang semula ke Singapura. Pada mulanya, saya tidak dapat menyesuaikan diri dengan persekitaran di SACPS yang amat berbeza dengan sekolah saya di Macau. Saya berasa gementar dan takut melihat raut wajah yang tidak saya kenali. Saya menghadapi kesukaran untuk mencari kawan kerana saya berasa malu untuk memperkenalkan diri saya kepada murid-murid yang lain di sekolah. Banyak fikiran negatif dan menyeramkan bermain di minda saya. Saya juga khuatir jika mereka akan mempersendakan dan mentertawakan saya. Oleh itu, kebanyakan masa saya keseorangan diri.

Namun, kerisauan saya tidak berpanjangan. Rupanya, rakan-rakan sedarjah saya di SACPS sungguh peramah. Mereka menghampiri saya setiap kali melihat

saya di dalam kelas dan kami mula saling mengenali. Hari demi hari, perhubungan kami semua menjadi lebih akrab. Saya pelajari bahawa bukan bilangan rakan yang saya ada yang penting tetapi kualiti rakan yang saya ada. Ketika saya mempunyai masalah dan bersedihan, mereka sentiasa berada di sisi saya dan memberi saya kata-kata perangsang. Saya juga berasa terharu mempunyai rakan-rakan yang amat positif dan sentiasa membuat saya berasa selesa ketika berada di sekolah. Dari sudut pandangan saya, rakan-rakan saya merupakan contoh pelajar Canossa yang baik. Mereka telah menunjukkan nilai-nilai murni sekolah iaitu Komitmen, Keihisan dan Keceriaan. Mereka juga prihatin, peramah dan mudah memaafkan saya sekiranya saya tanpa sengaja menyakiti mereka dengan kata-kata saya.

Walaupun perjalanan sekolah rendah saya hampir selesai, kenangan persahabatan saya di SACPS tidak akan pernah luput dari ingatan. Kenangan pahit dan manis bersama rakan-rakan saya di SACPS akan terpahat di kotak memori saya. Jasa baik rakan-rakan saya akan saya kenang. Saya berharap agar persahabatan yang terjalin di SACPS akan terus berpanjangan dan menjadi sumber kekuatan kepada diri kami tatkala menjalani kehidupan seharian. Saya amat bersyukur diberi peluang untuk menjadi sebahagian daripada keluarga Canossa.

By Alyaa Aris Binte Azhar Aris (SACPS 6 Temperance, 2018)
Teacher Facilitator: Cikgu Nur Atiqah Rohaizad



Artwork: Corridors of Life by Maryam Binte Tayeb (SACSS 4.5)

In the beginning, a bride is seen with roses falling on top of her as she walks down the aisle. She is reminded of her childhood, playing soccer and how young children play at the void deck. Going further, there is a mahjong table that represents adulthood and how old people play mahjong under the blocks. Lastly, death is shown, sending out the roses back to where the bride began with the formation of chrysanthemum petals.

பள்ளித் தோழிகள்

செயிண்ட் எந்தனிஸ் கெனோவியன்

தொடக்கப்பள்ளியில் நான் தொடக்கதிலை ஒன்றில் இருந்தபோது, மற்றவர்களுடன் அவ்வளவாகக் கலந்து பேசமாட்டேன். நான் வகுப்பின் முன் பேசும்போது, கூச்சம் அடைவேன். அதனால், நான் வெட்கித் தலை குனிவேன். நான் மூன்றாம் வகுப்பில் சேரும்போது, புது வகுப்புக்குச் சென்றேன். எனக்குச் சற்றுப் பயமாக இருந்தது. ஏனென்றால், நான் எதிர்பார்த்த என் நெருங்கிய தோழி, பஹமிதா என் வகுப்பில் இல்லை!

நானும் பஹமிதாவும் சிறு வயதிலிருந்து தோழிகளாக இருந்தோம். அவள் என்னுடன் ஒரே பள்ளியில் படித்தாள். ஆனால், என் வகுப்பில் அவள் இல்லை. அதனால், நான் ஒரு தமிழ் மாணவியைத் தேடிப் பார்த்தேன். அப்போதுதான் நான் ஒரு தமிழ் மாணவியைப் பார்த்தேன். அவளின் பெயர் தர்னிதா.

தர்னிதா என்னிடம் நல்வரவு கூறினாள். நான் அவளிடம் பேச ஆரம்பித்தேன். தர்னிதா என்னைப் பார்த்து ஒரு சிறிய புன்னகை புரிந்தாள். நாங்கள் அக்கா தங்கை மாதிரி பழகினோம். எப்போதும் நான் அவளுடன் சேர்ந்து விட்டிற்குச் செல்வேன். என் புதிய ஆசிரியர், திருமதி யோகா என் தமிழ்மொழியை மேம்படுத்தினார். தமிழ்மொழி ஆர்வத்தைத் தூண்டச் செய்தார்.

இடைவேளையின்போது, நானும் தர்னிதாவும் ஒன்றாகச் சேர்ந்து உணவு உண்போம். பிறகு, நான்காம் வகுப்பில் இருந்தபோது, நாங்கள் எங்கள் தமிழ்த் தோழிகளுடன் சேர்ந்து உட்கார்ந்திருப்போம். தலைமையாசிரியர் எங்கள் ஒற்றுமையைக் கண்ட பின், எங்களைப் பாராட்டினார். அதுமட்டுமல்லாது, நாங்கள், பள்ளித் துணைப்பாட வகுப்பு முடிந்தவுடன், தமிழ்த் தோழிகள் சிலருடன் சேர்ந்து விட்டிற்குச் செல்வோம்.

தற்போது, நான் ஐந்தாம் வகுப்பில் படிக்கிறேன். புதிய நெருங்கியத் தோழி, புதிய தோழிகள், புதிய ஆசிரியர்கள் என்று என் வாழ்க்கை மாறியிருக்கிறது. நான் எல்லோரிடமும் நல்ல நட்பை வளர்த்து மற்றவர்களின் முகத்தில் சிரிப்பை உண்டாக்க விழைகிறேன்.

புது புது நட்புகளால் கிட்டும் அனுபவங்கள், எனக்கு இந்தப் பள்ளியின் மீது நெருங்கியப் பந்தத்தை ஏற்படுத்தியுள்ளது.

நட்பின் வலிமை

நட்பு என்றால் என்ன? நட்பு என்றால் இருவர் அல்லது பலருக்கிடையே ஏற்படும் உறவு. மொழி, இனம், மதம் என்று வித்தியாசம் பார்க்காமல் ஏற்றுக்கொள்ளும் உறவு. நட்பு அது போல் என் பள்ளியில் எனக்கு ஒரு நெருங்கியத் தோழி இருந்தாள். அவள் தான் பானு. அவளும் நானும் ஒரே வகுப்பில் படித்தோம். நாங்கள் ஒரே துணைப்பாட வகுப்பிற்குச் சென்றோம். நாங்கள் இருவரும் நான்கு வருடங்களாக நண்பர்களாக இருந்தோம். நாங்கள் நகமும் சதையும் போல எங்குச் சென்றாலும் ஒன்றாகவே சென்றோம். அவள் எப்போதும் எனக்கு உதவி செய்வாள். அவள் சோகமாகயிருந்தால் நான் அவளை சந்தோஷப்படுத்துவேன்.

ஒரு முறை ஆசிரியர் என்னை வகுப்புத் தலைவராக்கினார். நான் என் தோழி, பானு, அவள் பக்கத்தில் உட்கார்ந்திருக்கும் மாணவியின் பயிற்சித்தானைப் பார்த்து எழுதுவதைப் பார்த்தேன். ஒரு நிமிடம் என் மூளை தன் வேலையைச் செய்வதை நிறுத்திவிட்டது போல் உணர்ந்தேன். எனக்குப் பானுவைப் பற்றி ஆசிரியரிடம் கூறலாமா என்று குழப்பமாக இருந்தது. ஆனாலும், நான் சங்கடத்துடன் ஆசிரியரிடம் கூறினேன். பானு உடனே என்னிடம் வந்து வாய்ச் சண்டையிட்டாள். அன்றிலிருந்து அவள் என்னிடம் பேசாமல் ஒதுங்கியிருந்தாள்.

எனக்கு என்ன செய்வதென்று தெரியவில்லை. நான் மிகவும் சோகமாக இருந்தேன். இதைப் பற்றி என் பள்ளி ஆலோசகரிடம் கூறினேன். அவர், நான் எந்தத் தவறும் செய்யவில்லை என்று கூறினார். அவர், நான் பொறுப்புடன் சரியான காரியத்தைச் செய்ததாக உறுதி அளித்தார். அவர் என்னைப் பானுவிடம் அழைத்துச் சென்று, நான் செய்தது தவறில்லை என்று எடுத்துச் சொன்னார். நாங்கள் இருவரும் கலந்து பேசிக்கொண்டோம். அன்று நான், எந்த நட்பிலும் பிரச்சனைகள் இருக்கும் என்பதை அறிந்துகொண்டேன்.

இருப்பினும், எங்களுக்கிடையில், சிறுசிறு பிரச்சனைகள் வந்தாலும், அதை நாங்களே சரி செய்து எங்கள் நட்பை வளர்த்துக் கொண்டோம். அவள் குடும்பம் வெளிநாட்டிற்குச் சென்றுவிட்டது. இருப்பினும் நான் பானுவிடம் நெருங்கிய உறவை இன்றுவரை வைத்திருக்கிறேன். எங்கள் நட்பு பள்ளி வாழ்க்கைக்கு அப்பாலும் தொடரும் என்று நம்புகிறேன்.

Embracing a global outlook

We often take the 'invisible heroes' amongst us for granted. Our conviction for this point grew stronger when Ms Martina Wong, an alumna, mentioned in an interview that she realised only recently that the cleanliness of our country is dependent strictly on the people who are hired to clean up after us. Ms Wong also spoke briefly about how the toilets in Singapore are generally clean, but only because we have cleaners.

When we receive compliments for being such a clean country, we are basking in the compliment but have overlooked the people behind it all. Furthermore, to truly embrace a global outlook we need to be able to look beyond a person's status. We are well-known for our multi-cultural and multi-religious society, yet, we often turn a blind eye to foreigners who work in our midst. These people have contributed so much to our community and country.

Singapore is a wonderful country and has worked hard to receive many commendable attributes. However, there remain some areas that need improvement. Acceptance, assimilation and acculturation are possible areas that we may need to work on. We can turn these shortcomings into positive attributes if we, as citizens of Singapore, step up to broaden our horizons, recognise our shortcomings and improve on them. And, when we succeed in that, we would be truly embracing a global outlook.

**By Tan Jadyne Reanne (SACSS 3.7), Ah Chip Cassia Chung Yuyin (SACSS 3.8),
Valere Zerlyn Teo (SACSS 3.9) and Victoria Bernadette Tok Qi Wen (SACSS 3.9)**
Teacher Facilitators: Mrs Jannine Kuah, Ms Justina Foo

Chinese, let's GO!

Education has always been one of Singapore's forte. A few of our alumni interviewed have stated that they find Singapore's biggest achievement is our world class education system. However, pure academics is not what shapes a child, rather it is character development that moulds a child's morals and values.

Bilingualism has long been the cornerstone of our education system. The value and emphasis placed on language and culture is what has kept us rooted to our traditions. The Speak Mandarin Campaign initiated by our late Prime Minister Lee Kuan Yew has been around since 1979. Our school's very own application created by our Chinese teachers, Chinese GO! helps to improve our students' Chinese language proficiency through the use of mobile games.

It has been highlighted during our interview sessions, that our ability to interact proficiently in the Chinese language allows us to build bridges and access the huge China market. Being a young nation with limited resources, Singapore has exceeded all expectations and has transformed itself into a thriving economic hub. However, if we want to keep abreast with our neighbours we must remain grounded in our values and continue to invest in our most vital and sustainable resource – education.

**By Aoife Lee, Caitlyn Michaela Au, Naomi Quentin, Nia Isabella Puteri
Arman Tan @Tan Rui En Isabelle and Ramos Maycy Mychyla Go (SACSS 4.6)**
Teacher Facilitators: Mrs Jannine Kuah, Ms Justina Foo



Artwork:

Breadwinners

by Liew Yi Ying

(SACSS 3.7)

This artwork features a feast of three platters of people from different backgrounds set amidst well-known

Singapore landmarks.

Featured from the foreground to the back are figures of a graduate seeking employment, a family man who is also the breadwinner and the third features tourists visiting the city state.

The landmarks featured include the Singapore Flyer and the city skyline, the Esplanade, and Marina Bay Sands.



Majulah Canossa!

As I entered the different interview rooms, I held the view that our school had little achievements to be marvelled about. However, as I sat for interview after interview, I came to realise that my view, right from the very beginning, was wrong. The different interviewees who were Canossian alumni members, were also from all walks of life, different races, different personalities and socio-economic statuses. When asked about Singapore's achievements, their answers stood out. Never did I expect to hear about the intangibles such as our racial diversity and harmony or our local arts scene. Most of all, never did I expect to even hear about our Canossian values and CORRI qualities being thrown into the mix.

Reflecting on the interviews, I recalled a conversation I once had with a friend who was from a school that was considered 'elite'. She said, "It isn't really the school itself that's great, it's how the people in the

school make it better." That was when I began to realise that achievements are more than certificates or the trophies you display. Achievements are also the things that we often take for granted. The Canossian culture that I, along with many of my peers take for granted, is the initiative and compassion that is imbibed in us and that shines through everything. If it were not for the many values that was I was taught since I first stepped into the primary school, I doubt that I would be the person I am today.

Just like how it is the students who make the school, it is the citizens who make the country. In many ways, I'd like to see SAC as a microcosm of the Singapore society. It is the values and qualities that set us apart from the rest. Just like Singapore, our school would grow and continue to transform the same way Singapore has. After all, it's only our 140th Anniversary – we will continue to achieve for another 140 years yet!

By Chloe Elizabeth Cheung (SACSS 4.6)

Teacher Facilitators: Mrs Jannine Kuah, Ms Justina Foo

The uniquely Singaporean identity

What can we classify as being part of our uniquely Singaporean identity? This set the tone of the discussion in our group. We thought of the more common or better known examples, including our colloquial Singaporean English, better known as Singlish, the behaviours that we exhibit including our *kiasuism*, our *chope* culture, our extremely humid weather or the traditional local food such as the humble *roti prata* or Hainanese chicken rice.

As we progressed through our interview sessions, we realised that our initial notions were rather superficial. From the interviews, we learnt that what makes us uniquely Singaporean is actually much more significant. This includes being known for our efficiency. Internationally, Singapore is known to be very efficient in our business dealings. As international trade forms the backbone of Singapore's economy, we promote the free flow of goods and trade becomes a key economic pillar. We are also a

harmonious country with many different cultures and races and we accord respect to each other despite our differences. We are also tolerant and inclusive, particularly the access to education for all – including the needy.

These interviews were an eye-opener for us. We learnt that there was so much more to the Singaporean identity than we had imagined. It made us realise how fortunate we are to be able to study in a country with many opportunities available. We also discovered that all of these were made possible because of the values our founding fathers demonstrated. While the unique list of values included resilience, harmony, respect, justice, equality and compassion for all – we are proud to note that most are also emphasised by the school.

By Leong See Kay Rachael, Pereira Shelby Alissa Bobila and Tan Anna (SACSS 3.4)

Teacher Facilitators: Mrs Jannine Kuah, Ms Justina Foo

Mightier than the Sword

The pen is a powerful thing
It has stopped chaos,
Advocated peace and tranquillity
Yet, with a single stroke
It has brought about turmoil,
Merciless and cruel judgments that stir up chaos
The pen, in the hands of great men,
Can cease wars and massacres
In the hands of the vile and wicked
Call upon meaningless bloodshed and violence
This pen, however, lies in the hands of a student
A flower yet to bloom
Countless scripts yet to be written
Poems and stories that will bring hope,
When all seems lost.
Many have learned, that no matter how
Small a person may be
With creativity and innovation,
They can write their way to revolution
And shake a country to its core

The poem is a reminder to all that even a pen (a representation of education), has the ability to end conflict throughout the world. However, if used incorrectly or against good judgment, even a signature upon parchment can cause chaos for the future. The poem also foreshadows how the author's utilisation of the pen to write stories, essays, and poems, will help encourage others and provide hope.

By Caitlyn Michaela Au and Naomi Quentin (SACSS 4.6)

Teacher Facilitators: Mrs Jannine Kuah, Ms Justina Foo



IN TANDEM

Building a sense of hope by strengthening our social fabric

Guruku, Penyelamatku

Masa berlalu dengan pantas sekali. Tanpa aku sedari, ini merupakan tahun kelima aku berada di SACPS. Sepanjang aku berada di SACPS, pelbagai peluang telah diberikan kepada diriku untuk sentiasa mempertingkatkan diri. Jika dibandingkan dengan hari pertama aku menjejakkan kaki di sekolah ini, situasiku kini sudah jauh berbeza, ibarat langit dengan bumi.

Semasa aku berada di dalam darjah satu, aku merupakan seorang pelajar yang ringan mulut dan sentiasa ceria. Namun, lama-kelamaan, aku mula berubah. Aku lebih suka bersendirian dan kurang bercampur dengan pelajar-pelajar lain. Prestasiku dalam bidang akademik juga semakin merosot. Aku buntu dan hampir berputus asa. Aku khuatir tentang keputusanku lebih-lebih lagi, aku akan menduduki Peperiksaan Tamat Sekolah Rendah pada tahun hadapan.

Oleh kerana aku mahu mendapat keputusan yang cemerlang dalam ujian dan peperiksaan, aku tergerak untuk memberitahu guru-guru yang mengajar aku. Alangkah terkejutnya aku apabila guru-guru aku semuanya menunjukkan kesediaan mereka untuk membantuku. Mereka bersifat penyayang dan prihatin terhadap diriku.

Itulah sifat istimewa yang ada pada guru-guru di SACPS. Sifat penyayang mereka amat terserlah apabila mereka membantu pelajar-pelajar mereka. Walaupun mereka sendiri sibuk dengan tugas-tugas mereka yang lain, mereka tetap akan meluangkan masa sekiranya pelajar-

pelajar mereka memerlukan nasihat atau pun kata-kata perangsang.

Selain itu, guru-guru di SACPS juga seringkali menjalankan tanggungjawab mereka dengan penuh komitmen dan dedikasi. Melihat mereka sentiasa memberikan yang terbaik untuk mendidik pelajar-pelajar mereka, membuat aku lebih bersemangat untuk menjadi pelajar yang cemerlang. Aku merupakan seorang pengawas sekolah. Guru-guruku selalu mengingatkan aku untuk memberikan yang terbaik dalam apa jua perkara yang aku lakukan agar dapat meraih kejayaan dalam kehidupan ini.

Aku hanya ingin mengucapkan terima kasih kepada semua guruku di SACPS atas sokongan dan bantuan yang mereka berikan. Pengorbanan guru-guru semuanya membuatkan pelajar-pelajar berasa selamat dan seronok ketika menimba ilmu di sekolah ini. Selain itu, aku berasa terharu apabila guru-guru di SACPS sentiasa memberikan peluang kepada setiap pelajar untuk cemerlang dalam apa sahaja yang mereka ceburi. Mereka percaya bahawa setiap pelajar ada keistimewaan mereka masing-masing. Sebagai seorang pelajar, aku berharap pengorbanan, dedikasi serta kasih sayang guru-guru di SACPS akan terus menjadi inspirasi kepada pelajar-pelajar agar terus mengejar kecemerlangan dan menjadi contoh kepada guru-guru lain di luar sana.

By Ayumi Binte Yusri (SACPS 5 Courage, 2018)

Teacher Facilitator: Cikgu Nur Atiqah Rohaizad

Nilai persahabatan di SACPS

Persahabatan adalah sesuatu yang sukar untuk dinilai. Bagaimanakah kita memilih kawan? Adakah mudah untuk kita mengenali teman sejati yang ikhlas dan jujur pada zaman moden ini?

Aku ingin berkongsi tentang pengalaman aku. Pada tahun ini, aku dimasukkan ke kelas yang baharu. Ini merupakan perkara yang lumrah untuk semua pelajar darjah lima. Oleh yang demikian, teman-teman sekelasku merupakan murid-murid dari kelas yang berlainan dan aku tidak mengenali ramai di antara mereka. Teman rapat aku pula dimasukkan ke kelas yang berbeza dengan aku. Aku berasa keseorangan diri. Hanya pada waktu rehat aku dapat bertemu dengan teman karibku. Pada hari kedua sekolah, aku ditukarkan tempat duduk. Aku bernasib baik mempunyai teman yang sungguh peramah. Dia duduk di sebelah aku dan selalu menghulurkan bantuan tanpa aku memintakannya.

Masa berganti masa, perhubungan kami berdua mula menjadi akrab. Ketika aku menghadapi masalah dalam pelajaran, dia sering mengajar aku sehingga aku betul-betul faham. Dia selalu mengingatkanku bahawa dalam kehidupan ini, kita tidak boleh mudah berputus asa dan harus terus memberikan yang terbaik supaya dapat meraih kejayaan.

Selain itu, aku juga bernasib baik kerana mempunyai guru-guru yang amat penyabar. Mereka mengajarku dengan penuh kesabaran dan memberikan kata-kata perangsang sekiranya aku hampir berputus asa atau kelihatan penat.

Pengalaman aku ini, membuat aku terfikir juga alangkah baiknya jika pelajar-pelajar yang lain juga mempunyai teman-teman yang baik hati dan ikhlas dalam memberikan bantuan. Pada tahun hadapan pula, tiba sudah giliran aku untuk menduduki Peperiksaan Tamat Sekolah Rendah. Hati aku berdegap-degup memikirkan tentang situasi tersebut. Namun, tatkala memikirkan bahawa aku masih mempunyai teman-teman karibku serta guru-guru di SACPS, membuat aku berasa lebih tenang.

Aku berasa amat bersyukur kerana dapat meraih ilmu di dalam suasana sekolah yang selamat dan dipenuhi dengan orang-orang yang berhati emas. Sepanjang lima tahun berada di sekolah ini, aku selalu berasa ceria dan gembira.

Aku mempunyai harapan agar SACPS akan terus menjadi sebuah sekolah yang akan melahirkan pelajar-pelajar perempuan yang tekun dan akan terus berusaha dengan gigih untuk mencapai segala impian mereka. Apabila mereka dewasa kelak, mereka dapat membantu Singapura untuk terus maju ke hadapan. Dengan ilmu yang kami raih di SACPS, kami lebih sedar tentang kepentingan mempunyai perwatakan yang positif serta nilai-nilai murni yang penting dalam menghadapi dugaan kehidupan.

By Mariam Jeerooburkhan (5 Proudence, 2018)

Teacher Facilitator: Cikgu Nur Atiqah Rohaizad

Artwork:

Love Our Earth

by Janelle Shia,

Kayla Khoo, Adelle

Toh, Nicolle Tan,

Nicole Cheok (SACPS

6 Steadfast 2017)

Love our Earth

Old can be new,

so recycle

Verify what is right

and wrong

Fate of the

Environment is in

our hands.



நண்பர்கள்

நட்பு மிக அவசியம். நட்பில்லாமல் வாழ முடியாது. எதுவாக இருக்கட்டும். பள்ளி, வேலை ஆகிய இடங்களில் நமக்கு நல்ல நண்பர்கள் தேவை.

பள்ளியில் எனக்குப் பல நல்ல நண்பர்கள் இருக்கின்றனர். சில நாள்களில் எனக்கு பள்ளிக்குப் போக விருப்பம் இல்லாதபோது, என் நண்பர்களின் நினைவுதான் என்னைப் பள்ளிக்குப் போக ஊக்குவிக்கிறது.

ஒரு சமயம், நாங்கள் அனைவரும் பள்ளி முடிந்து பள்ளிப் பேருந்தில் இருந்தபோது, இருக்கை வாரைப் போடாமல் உட்கார்ந்திருந்தோம். அப்போது பேருந்துக்கு வெளியே நின்ற பள்ளி ஊழியர் ஒருவர் சாளரத்தைத் தட்டி எங்கள் அனைவரிடமும் இருக்கை வாரை அணியக் கூறிச் சைகை காட்டினார். நாங்கள் அனைவரும் அதே | நேரத்தில் இருக்கைகளுக்குக் கீழே ஒளிந்துகொண்டோம். என் தோழிகளைப் பார்க்கும்போது இன்னும் பல நல்ல நினைவுகள் தோன்றுகின்றன.

எப்போதும் பள்ளி முடிந்து நாங்கள் பேருந்தில் இருக்கும்போது, கதை பேசிக்கொண்டோ பாட்டுப் பாடிக்கொண்டோ எங்கள் பொழுதைக் கழிப்போம். என் பிறந்தநாளின்போது அவர்கள் எனக்குத் தெரியாமல் நன்றாகத் திட்டமிட்டுக் கேக், பரிசுகள் அனைத்தும் கொண்டு வந்து என்னுடன் பேருந்தில் கொண்டாடினர். அனைவருக்கும் ஒரு கேக் துண்டு கிடைத்தது.

எப்போதும் பள்ளி முடிந்து நாங்கள் பேருந்தில் இருக்கும்போது, கதை பேசிக்கொண்டோ பாட்டுப் பாடிக்கொண்டோ எங்கள் பொழுதைக் கழிப்போம். என் பிறந்தநாளின்போது அவர்கள் எனக்குத் தெரியாமல் நன்றாகத் திட்டமிட்டுக் கேக், பரிசுகள் அனைத்தும் கொண்டு வந்து என்னுடன் பேருந்தில் கொண்டாடினர். அனைவருக்கும் ஒரு கேக் துண்டு கிடைத்தது.

சில சமயங்களில் எங்களுக்குள் சண்டைகள் ஏற்படும். இருந்தாலும், விட்டுக்கொடுத்து எங்களுக்குள் பேசிப் பிரச்சனையைத் தீர்ப்போம். ஒரு சமயம், நான் எங்களுக்குள் இருந்த இரகசியத்தைத் தவறுதலாகக் கூறிவிட்டதால், என் தோழிகள் இருவரும் என் மீது அதிகக் கோபம் கொண்டு, என்னிடம் பேச மறுத்தனர். இருப்பினும் பேசி நாங்கள் பிரச்சனையைத் தீர்த்தோம்.

நாங்கள் சிலர், அதே வகுப்பில் படிப்பதால், தேர்வுகள் முடிந்த பிறகு, எங்களுக்குள் விடைகளைப் பற்றிக் கலந்து பேசுவோம். மேலும் நாங்கள் எங்கள் மதிப்பெண்களை ஒப்பிட்டுப் பார்த்து, விடைகளையும் பார்ப்போம். செய்த தவறு புரியாவிட்டால், எங்கள் தவறுக்காக விளக்கம் கொடுத்து, ஏன் அது தவறு என்று கூறுவோம்.

நாங்கள் யாவரும் வளர்ந்த பிறகு, இன்னும் நெருங்கிய தோழிகளாக இருப்போம் என்று நம்புகிறோம். 'அண்ணாமலை' படத்தில் இருந்த வசனம் போல் எங்களின் நட்பு நீடித்து இருக்கும் என்று நான் நினைக்கிறேன்.

நட்பின் வகைகள்

நட்பு ஏற்பட ஒருவருக்கு ஒருவர் முதலில் நன்றாகப் பழக வேண்டும். அவரின் நற்பண்புகள் நம்மைக் கவர வேண்டும். நட்பில் நல்ல நட்பும் தீய நட்பும் உண்டு. நல்ல நட்புக்கு உதாரணம் ஒன்றைச் சொல்கிறேன். என் தோழி ஹஸ்னாவும் நானும் இப்போது நல்ல நண்பர்கள். அவளிடம் சிறந்த நற்பண்புகள் உள்ளன. தமிழ் வகுப்பில் அவள்தான் வேடிக்கை செய்து எல்லோரையும் விழுந்து விழுந்து சிரிக்க வைப்பாள். ஆசிரியரையும் சிரிக்க வைக்க அவளால் மட்டும்தான் முடியும்.

ஹஸ்னா படிக்கும்போது என்னுடன் போட்டி போடுவாள். அது சாதாரணம். ஆனால், நல்ல தோழி என்று சொல்லும்போதே, இவளின் முகம்தான் என் நினைவில் தோன்றும். இவள் அப்படி ஒரு சிறந்த தோழி. ஹஸ்னா எல்லோருடனும் அன்பாகப் பழகுவாள்; யாராவது அவளிடம் உதவி கேட்டால், தயங்காமல் உதவி செய்வாள். நாங்கள் இருவரும் சண்டை போட்டால், அது முடிந்தபின், “வா! தண்ணீர் குடிக்கலாம்,” என்று சொல்வாள். அல்லது ஏதாவது நகைச்சுவை செய்து என்னைச் சிரிக்க வைத்து, மந்திரம் செய்ததுபோல், சண்டையை மறக்கச் செய்வாள். இதுதான் நான் முன் கூறியிருந்த என் நெருங்கிய தோழி, ஹஸ்னா.

இப்போது தீய நட்புக்குப் போகலாம். தீய நட்பு கொண்டவர்கள் ஒருவருக்கு ஒருவர் விட்டுக்கொடுக்கவே மாட்டார்கள். அவர்கள் மற்றவர்களிடம் புறம் பேசுவார்கள். நாம் தீய நண்பர்களைச் சந்தித்தால், கலபமாக அவர்கள் நல்ல நண்பர்கள் கிடையாது என்று கண்டுபிடிக்கலாம். முதலாவதாக, அவர்கள் யார் ஆபத்தில் இருக்கிறார்களோ, அவர்களுக்கு உதவி செய்யவே மாட்டார்கள். இரண்டாவதாக, அவர்கள் நம்மைப் பற்றித் தவறான தகவல்களை மற்றவர்களிடம் கொடுப்பார்கள்; இறுதியாக, நம்மைப் பயன்படுத்தித் தவறான செயல்களைச் செய்வார்கள். இந்த மூன்று குறிப்புகள் மனதில் ஆழமாகப் பதிய வேண்டும்.

நட்பைப் பற்றி எனக்கு ஒரு குறள் நினைவுக்கு வருகிறது. அந்தக் குறள் என்னவென்றால்,

நகுதற் பொருட்டன்று நட்பு மிகுதிக்கண்
மேற்சென்று இடித்தற் பொருட்டு.

இதன் விளக்கம், நட்புச் செய்தல் ஒருவரோடு ஒருவர் சிரித்து மகிழும் பொருட்டு அன்று. நண்பர் நெறி கடந்து செல்லும்போது, முற்பட்டுச் சென்று இடித்துரைப்பது நல்ல நட்பாகும். இப்போது இதையெல்லாம் மனதில் கொண்டு, தீய நண்பர்களைத் தடுத்து, நல்ல நண்பர்களுடன் மகிழ்ச்சியாக இருங்கள்.

இதுபோல் எதிர்காலத்தில் நாம் எல்லாரும் எப்போதும் மகிழ்ச்சியுடன் இருப்பதோடு மற்றவர்களையும் மகிழ்ச்சியில் ஆழ்த்துவோம்.

Artwork: Founding Mothers – Our Female Pioneers
by Mila Natalia Swyny (SACSS 4.5)

I believe that in order to appreciate modern Singapore, we need to recognise its history, and vice versa. I illustrated occupations from Samsui women to pre-war nurses and their modern counterparts. A staircase is included to guide the viewer through the pathway of time, with the staircase changing through the decades and flanked by a building from the 1930s and a typical shophouse in the 1960s.



Of leadership and service: A life built on love

Canossian leadership has evolved over the passage of time. Mirroring Singapore's history, the stories that our Canossian Sisters shared provided me with a glimpse into the past. We also appreciated how learning from the previous generation while honouring the legacy with new beginnings helped to create a better future.

We live out our Foundress' mission in serving the "beloved poor". The heart of service entails sacrificing our time and energy for the betterment of others. The type of service we offer differs from before. I learnt that our Student Leaders back then were often perceived as "policewomen". New beginnings require a certain level of tenacity and discipline, and it was because of such rigour that we continue to enjoy the fruits of our Pioneer Generation's labour.

Today, we live in a different context with the resources to organise Values In Action (VIA) projects, conduct dialogues to gather feedback and perform community service to help the needy. We discovered that the soup kitchen, Willing Hearts was set up by Mr Tony Tay who was raised by our Canossian Sisters. The Student

Council has been organising VIA services for the students to experience what it feels like to serve others. It dawned upon me how Singapore and Canossian leadership are evolving into a digital society and facing the rise of various social issues. We have to adapt to these new challenges in order to tackle them. Hence, leadership has positioned the delivery of the service that we provide to be more people-oriented. After hearing the Sisters share their thoughts and experiences dealing with changes, we realise it is necessary to embrace change. Change implies acceptance and that there is always hope for a better future. We also learnt about the importance of being open as a leader so that we can reach out to others more effectively.

We were particularly excited when the Sisters shared with us about their experiences as leaders in schools. Sister Janet, who was the head girl of St. Anthony's Convent School back in 1959, shared that student leaders in the past used to demonstrate their leadership through their firmness. She said that students used to be afraid of prefects and this helped them make sure

that the student body followed the school rules and were disciplined. Sister Geraldine added, “There are definitely more responsibilities today’s student leaders have on their plates. In today’s context, it is more about building relationships.”

We were particularly inspired to learn of different forms of leadership. Sister Cecily shared that “Inspirational Leadership” and “Leadership Envisioning” are the keys to success in serving others with a compassionate heart. Inspiring others and influencing them to do good work are indications that we have succeeded in leading and guiding people on the right path. Sister Christina shared that the phrase “Virtue, true nobility we strive” in our School Song, meant that it was essential for Canossian leaders to have a moral compass. Having “Authentic Leadership” and “Spiritual Leadership” will guide us through our leadership journey as a Canossian.

Sister Geraldine shared that she enjoyed being in charge of Pastoral Care (PC) in St. Anthony’s Canossian Primary School where she had the opportunity to nurture the students whom she viewed as precious children of God.

She was able to inculcate in them the Canossian values and build their character to become good future leaders. We are greatly moved by Sister Geraldine’s vision to enrich and impact the lives of everyone who encounters her wonderful presence. She demonstrates her Servant Leadership through spending her time and efforts in developing our future Canossian generations with her love and care. She also reminds us of the ripple effect from our students to further spread the kindness they receive.

Change is inevitable in this fast-paced society. Leadership styles can change with the passage of time but the Canossian Mission remains timeless. In upholding the legacy of Our Foundress, we as Canossians are ever ready to walk the Way, live the Truth and embrace Life passionately – Via Veritas Vita!

**By Genevieve Evangeline Heng Chin Xuen and
Rithika Nagarajan (SACSS 4.8)**

Teacher Facilitator: Ms Yu Weiling, Sharon Mary Magdalene

Our cornerstone

When the Sisters were asked about the sense of hope they wish to inspire in the girls, without hesitation, Sister Cecily answered that the aim is to impart the ability to make meaning of life and to find purpose in living. The Sisters hope that should the day come when we, students feel like we have failed, we would remember that we cannot be defeated. As a Canossian, we have learnt about the hardships the Saints faced throughout their lives. These serve as an inspiration that remind us to be strong even when faced with difficulties that may seem impossible to overcome.

“How is honouring the saints made relevant to students today?” was one of the questions posed to the Sisters. Sister Theresa shared her sentiments that by sharing about the Saints, we not only give them a glimpse into the lives of these Saints, but we also impart to students the values and skills that these Saints embody. These could be charity, forgiveness or humility – all the students would have these skills and a wide repertoire

of good roles models to look to. Being Canossian, we have learnt invaluable lessons from the Saints and we continually work towards honing our skills to integrate these life lessons across all aspects of our everyday lives.

Seniors who have graduated still reminisce about their days in SAC, and often say they miss the warmth of our Canossian environment. No matter how much stress we may experience or how we struggle, we will press on and be inspired by the Saints to circumvent the difficulties and strive to persevere.

Throughout the interview with us, the Sisters spoke with so much passion and zeal to underscore their wish to instill the values and strengthen all of us at St. Anthony's Canossian Secondary School and the future generations of Canossians to come.

**By Cheyenne Koh Mei Yen (SACSS 4.7) and
Jorja Ashley Tan Kae-Ly (SACSS 4.6)**
Teacher Facilitator: Ms Nicole Quek

Artwork: The Legend of Bukit Merah by Rheanna Kaur Shergill (SACSS 3.8)

At one time, a village was constantly being harassed by swordfish. The Sultan was at his wits end to overcome the problem. Then a boy from the village came up with the idea and placed banana tree trunks in the water to trap the swordfish. During an attack the swordfish pierced the trunks and got stuck in the process. The entire village praised the boy and this made the Sultan fearful that he may lose his power. He then ordered his guards to follow the boy to his house on the hill and murdered him. The boy's blood spilled and stained the hill red, thereby giving the hill its name – Bukit Merah.



The Heart of Leadership

It was a characteristically sultry day when we travelled to Canossa Convent to meet the Canossian sisters – among them, a former principal, a former head-girl, and a provincial leader – all of whom had dedicated their lives to serving God and their community.

The session began with the nuns reminiscing fondly about the humble beginnings of their own leadership journeys. The nuns spoke so passionately about the people they served and how much they had given. – “Leadership is about building relationships,” they all agreed. It was clear that all of them were speaking from their fulfilling experiences and as people of the ministry who gave leadership its meaning. After all, a leader is nothing without people willing to follow. Many of the nuns went from knowing their audience to truly developing a relationship with each member – just as how the bunch of us began separately as awkward leaders-in-training and grew together as close friends in the Student Leadership team. Sister Jessica offered

another perspective – she feels more like a companion than a leader, to which the rest thoughtfully agreed. Again, the heart in leadership had become apparent.

We ended our dialogue with Sister Theresa’s wish to see change happen in the hands of the ‘younger ones’, at which point she glanced our way and smiled. We wondered whether we could really be part of a generation that could change Singapore for the better. But then we realised that the nuns were part of a generation that had shaped the current Singapore. They once had no idea about their own future let alone that of a newly emerging nation. All they knew was that they wanted to serve others and when they feverishly pursued that, everything else fell into place, with God’s will.

Hopefully in time and with blessings, we would become leaders to inspire other leaders. Maybe for Singapore’s 250th anniversary, another group of student leaders will be interviewing us to come away with something meaningful too. But one thing is for sure – much of the values will remain at the heart of leadership.

**By Renee Teoh (SACSS 4.7) and
Shai-Ann Paul Thanapal (SACSS 4.5)**
Teacher Facilitator: Ms Nadiyah Brown

ACKNOWLEDGEMENTS

Alumni Interviewees:

Sr Christina Yeo, *Provincial Leader*

Sr Theresa Seow, *Supervisor of Canossian Village, Supervisor of Canossian School*

Sr Cecily Pavri, *Head of Canossian Charismatic Formation Team*

Sr Janet Wang, *Lead Chaplain*

Sr Jessica Teo, *Chaplain, St Anthony's Canossian Secondary School*

Sr Geraldine Lim, *Chaplain, St Anthony's Canossian Primary School*

Nazath Faheema, *General Manager, Inter-Religious Organisation, Singapore*

Martha Fernandez, *Human Resource Professional*

Belinda Huang, *Director, ARC Studio Architecture + Urbanism Pte Ltd*

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