



Carità:

A Life Built On Love



Preface

As we celebrate 135 years of Canossian Education in Singapore, it is timely that we mark this special occasion with the publication of a commemorative issue. This special publication, *Carità: A Life Built on Love*, is a collection of voices, memories and snapshots of a truly unique Canossian Education over the years.

The narratives and anecdotes that are woven throughout the pages represent the voices and recollections of different generations of Canossian Sisters, teachers and students. The ethos and culture of the Canossian Education has left an everlasting impression on many whose lives have been touched by their journey with the St Anthony's Canossian Schools.

We hope you enjoy reminiscing on *Carità: A Life Built on Love*. It is our wish that this commemorative publication will inspire current and future generations of Canossians to build on this Love and write the next chapter of this continuing journey.



Staying Distinctively Canossian

Foreword by Sister Cecily Pavri and Sister Angela Ng

As we write this, it has dawned on us that we have become guardians of an era remembered by many. It is a fondly cherished era when the Canossian Sisters' presence were an integral part of the effervescent school landscape and when the greeting, "Good Morning Sister", was heard all day.

So much has evolved since we handed over the reins of leadership to our Vice-Principals twelve years ago. It is truly heartening to see how the schools have gone on to reach new heights of distinction in every aspect and at the same time, continue to be guided by the values and culture that allow our schools to stay distinctively Canossian.

Thank you, Canossian Principals and staff.

So when and how did this Canossian era begin?

The first four Canossian Sisters who came to Singapore in 1894, stayed on, never to return home to either Hong Kong or to their families in Italy. Many more arrived after them from Italy right up to the 1970s. Several did not survive and succumbed to the tropical diseases that were rife during the end of the 19th century in Singapore. They did not come for gain nor fame. It was also neither a desire for

adventure or conquest nor the expansionist mentality of establishing a new foundation in a new land.

The pioneer group of Sisters came purely to pursue the ideals of St Magdalene which was to "Make God Known and Loved". This driving force helped them overcome all the hardships of the unknown as they landed in Singapore, into the sauna of our tropical climate. They knew no one except the God who called them forth, with the promise that He would take care of them and bless their ministry. He did, very promptly. The Sisters were housed in a school building amidst the 100 orphans and day students of St Anna's parish school. The four courageous women began to do what they were here for.

Several decades later, our girls also heard the very same calling, "Make God Known and Loved". Both of us heard it too. And because we had a penchant to teach, we found ourselves having a great time with the children and teens of St Anthony's Convent (SAC) at 111 Middle Road. It was with great reluctance that we were moved out of the classroom into the Principals' chairs only to realise that the Middle Road campus was bursting at the seams with the 2000 children that came to learn, interact and play basketball every day.

Our most visible contribution to the schools are the spacious buildings you now enjoy when we relocated

the SAC schools to Bedok North Avenue 4. And, our happiest contribution to the SAC schools is the step-up we did to pastoral education at St Anthony's. Both of us wrote the curricula, coached the teachers and taught the subject – ensuring that our girls became what we envisioned, Women of Integrity with a Heart for Others.

We congratulate all who throughout the 135 years of history, have built up the St Anthony's Canossian Schools from the little and unknown inner city school to what it is today.

Congratulations!

Sr Cecily Pavri and Sr Angela Ng

*Principals, St Anthony's Canossian Secondary School and
St Anthony's Canossian Primary School – 1985 - 2002*



“It is truly heartening to see how the schools have gone on to reach new heights of distinction in every aspect and at the same time, continue to be guided by the values and culture that allow our schools to stay distinctively Canossian.”



One Love, One Mission, One Canossian

Principals' Message

135 years of existence is truly a significant milestone in the history of any educational institution. This commemorative edition is a celebration of our Canossian education to date, and highlights how far we have come in these 135 years. Our success has been due to the mission we pride and uphold as Canossians: the formation of the head and heart of all our students. Our school motto, “Via Veritas Vita” has also richly guided us in making enormous strides in the education of our children.

This publication has been designed based on our school song and sums up how the Primary and Secondary schools have worked to do our best in educating the girls who come through our gates. United in common endeavour, the Principals have always worked closely to deepen our Canossian spirit and ethos through various platforms such as combined leadership development programmes, staff training and common functions and masses for the celebration of key events. We have made effort to provide a 10-year Canossian education by ensuring the continual progression of programmes such as

Taekwondo, Track and Field and the Performing Arts, where we tap on each other's strengths. We also leverage on the spaces and facilities in both schools to maximise the learning of our students. Our Festival Court provides outdoor experiential learning for students from both schools. The plants have been specially chosen to complement those in the Primary and Secondary school gardens. We believe that sharing spaces and events help to forge a deeper common identity.

Many have played an integral part in the growth and development of our school over the past 135 years. We acknowledge with gratitude, the sustained efforts and commitment of all those people – Our Foundress, the Canossian Sisters, the School Management Committee, Ministry of Education, all levels of past and present School Leaders and Staff, the Co-Canossian Educators and Alumni – who have devoted their time, heart and soul to grow the Canossian schools to what we are now. The support, hard work and unflagging dedication from them are immeasurable and greatly appreciated.

Commendation must go to the Editorial team who put together this meaningful publication. They conducted extensive interviews to document the different generations who have benefited from our Canossian education and showcase many of them who have made a difference or are currently making a difference in our schools.

We are confident that you will enjoy this publication. It is a labour of love and another testimony of our theme for this special year, Carità: A Life Built On Love. May God Bless You Always.



Mrs Eugenie Tan

*St Anthony's Canossian
Primary School*

Mdm Mak Lai Ying

*St Anthony's Canossian
Secondary School*

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Our Heritage

Our Foundress, St Magdalene of Canossa, was born in 1774 in Verona, Italy. She was the second child of the Marquis Octavius Canossa and Countess Maria Terese Szluha. The Canossa family of Verona held a prominent position in the ancient city. After her father died in a geological expedition, her mother remarried and left the Canossa Palace when Magdalene was seven years old. She lived in a society where there was a large disparity between the very rich and those living in extreme poverty. It was amidst this environment that Magdalene discovered deep within herself the desire to share the life of Christ. She felt the call to reach out to the abandoned poor; those who were exploited by the rich and oppressed.

After the French Revolution that caused a major upheaval across the whole of Europe, Magdalene dedicated herself to caring for the wounded and the sick. She paid special attention to girls living in poverty and those who had been abandoned. Later, she focused her efforts and energy on building up an institution for them.

In 1808, Magdalene left the Canossa Palace with several companions and established herself in the poverty-stricken district of San Zeno. Magdalene referred to her companions as Daughters of Charity because their task was to reveal God's love to humanity. The work of the Daughters of Charity included education of young girls



and women, helping the sick and elderly and teaching Catechism in the parishes. Magdalene's vision was to go around the world to make Jesus known and loved. Today, the Daughters of Charity are living the spirit of Magdalene across 35 countries around the world. On October 2, 1988, Pope John Paul II declared Magdalene a Saint.

For St Magdalene of Canossa, the most perfect expression of love is Jesus on the Cross. It is this Love that she desired to model and bring unconditionally to all – especially those who are poor, sick and abandoned.

As such, the Canossian Charism adopted by the Canossian Sisters and the Canossian schools embrace:

Charity

Being other-centred and having selfless love in caring for and sharing with others

Humility

Recognising the strengths and limitations in self and being receptive to learning from others

Forgiveness

To seek first to understand rather than to be understood in order to let go of past hurt and resentment

SAC Crest



Motto

Via, Veritas, Vita

Our School Song

United in common endeavour

At work and play, life's lessons we learn

Our youthful hearts are filled with ardour

For truth and wisdom we yearn

Chorus

Courageously with heads held high

We march ever on through life

Schooled in your spirit Canossa

For virtue, true nobility we strive

Schooled in your spirit Canossa

For true virtue we strive

Our alma mater, our guardian, our guide

Prepare our spirits for duty's call

Our country to serve with virtuous might

We stand for truth and for right

Lyrics by the late Mother Carmen Dengah

SACSS Principal 1969 – 1976

Music by Mrs Christine Kanagarajah

SACSS senior music teacher and choral mistress of SACSS choir



PIONEERING YEARS : TRACING OUR BEGINNINGS



United in common endeavour



The St Anthony's Canossian Schools had their humble beginnings in a shop house in Middle Road. Started by Fr Jose Pedro Santa Anna de Cunha of the Portuguese Mission for the purpose of educating the children of poor parishioners, the school was then named St Anna's School. In 1886, the school was renamed St Anthony's Boys' and Girls' School. The boys and girls were educated together till 1893.

The Beginning Years: 1879 – 1899

1879

St Anna's School began with classes conducted in a small shop house along Middle Road.



1881

The new Principal of the school, Fr Nicolas Pinto initiated the building of a larger building within the adjacent church compound.

1886

With the completion of the new school building, the school was renamed St Anthony's Boys' and Girls' School.

1893

In November, the co-ed school was separated to form St Anthony's Boys' School and St Anthony's Girls' School.

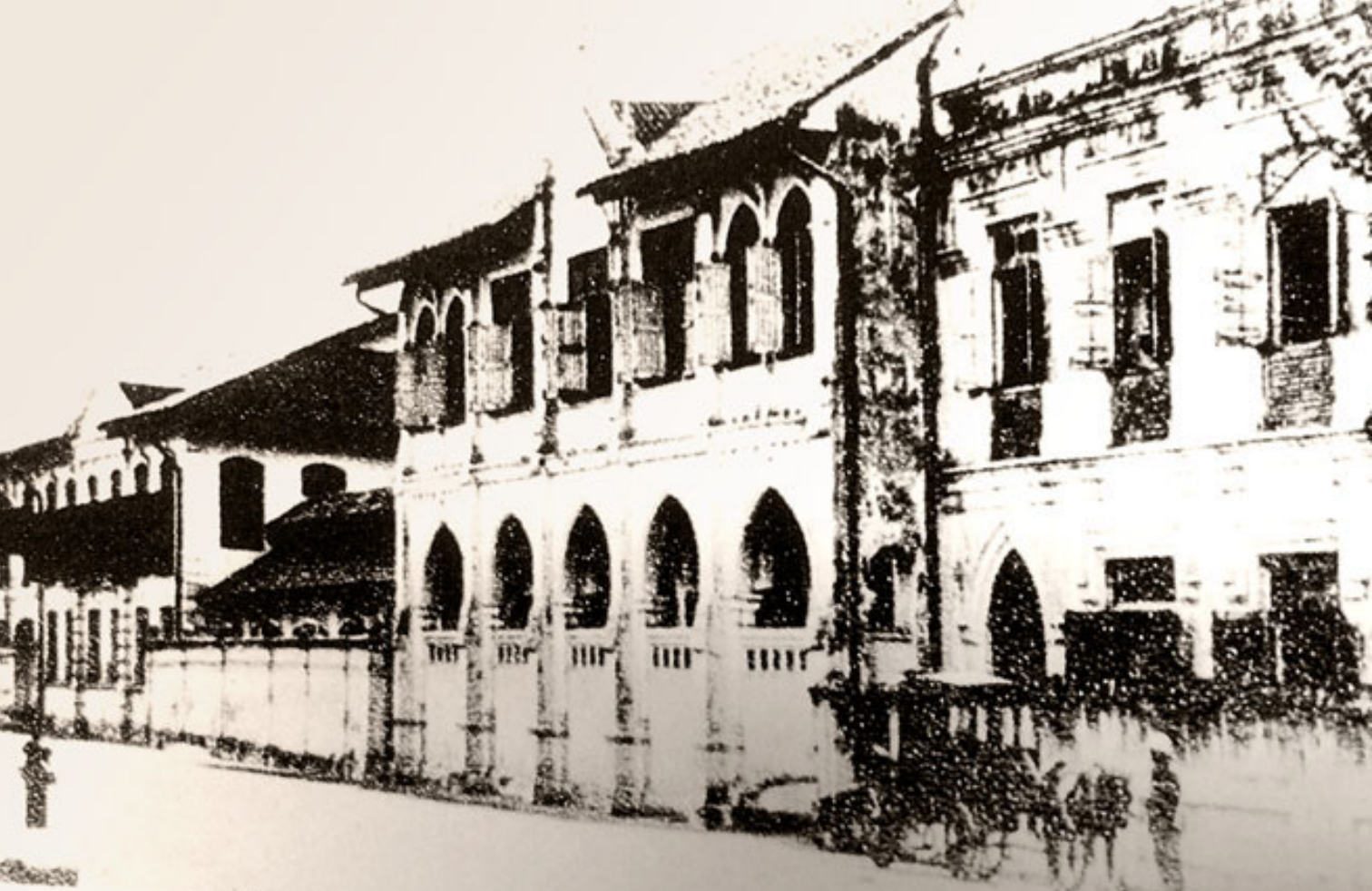


On December 11, 1894, the first four Canossian Sisters arrived in Singapore to take over the running of the girls' school. The school was then renamed St Anthony's Convent School.



1894

With the arrival of the first four Canossian Sisters, Mother Teresa Rossi, Mother Justina Sequeirs, Mother Matilda Rodrigues and Mother Marietta Porroni to take charge of the girls' school, St Anthony's Convent School was established with Miss Mary Lemon as Principal.





Over the next two years, more facilities were added to provide refuge and shelter for the poor and neglected in the spirit of our Foundress, St Magdalene of Canossa.

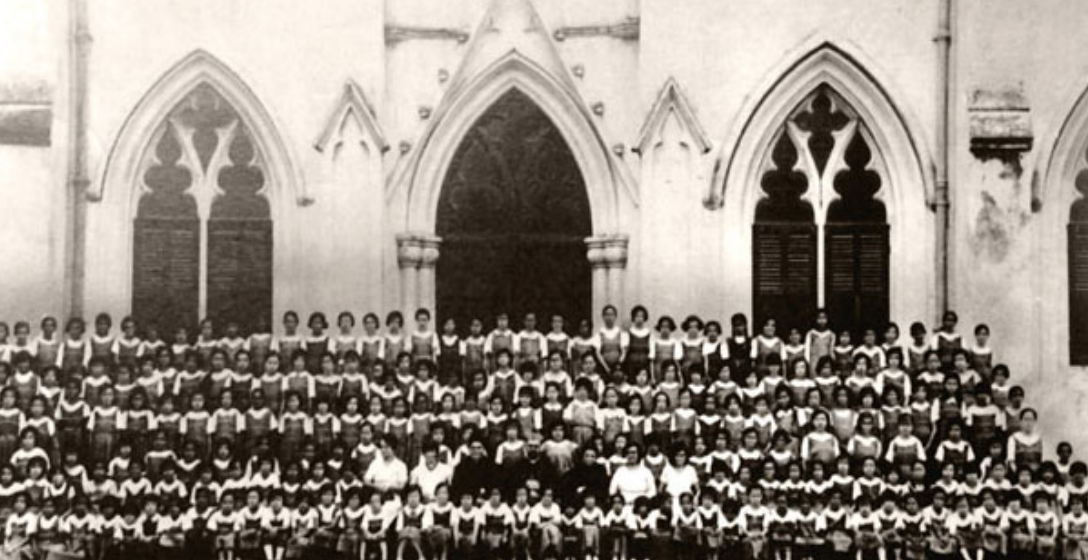


1895

An orphanage and boarding facilities were added.

1896

Mother Anna Bennet was appointed as Principal.



By 1899, a new wing was added when the school enrolment doubled. This was possible with contributions from the Portuguese Mission, subsidies from the private sector and the Government. St Anthony's Convent School also became a government-aided school soon after.

1899

A new wing was added to cater to the increasing enrolment and the school became a government-aided school.



BUILDING A STRONG FOUNDATION



At work and play, life's lessons we learn



Driven by the Canossian fundamental principle that education is the formation of the heart, the girls were taught the art of living: family, home, school, church, work, play and friendship. They were treated with loving and generous dedication, kindness, firmness and mutual respect. The Canossian Sisters and the lay teaching staff encouraged the girls to embrace work and be proficient in it. True to its Canossian spirit of charity, no girl was denied a place in the school even if their parents had insufficient means.

During the early 1900s, the girls were given basic education and taught technical skills. Apart from the academics, technical skills such as sewing and embroidery were also taught to equip girls with skills to seek employment when they left school.

The early 1900s

1922

Mother Mathilde Rodrigues was appointed Principal.

1928

The old school building was replaced the following year by a larger building which had twelve classrooms.



1929

Mother Angeline Rovera was appointed Principal.

1930

Mother Teresina Frisanco took over the reins as Principal.

1933

Part of the convent which threatened to collapse was demolished. A chapel and new quarters for the nuns were built.



The teachings of our foundress, St Magdalene of Canossa, have always been the guiding light in how the schools are run. She perceived education as a way by which our Canossian Educators can form the hearts and minds of the young and prepare them to assume responsibilities for the families and societies of the future.

“Teaching is a divine mission, and it is only through good teaching that you will change these urchins from naughty girls into good ones. Prepare them for life, so that one day they may reach heaven and be happy for ever...”

– St Magdalene of Canossa



Embracing the Canossian spirit of giving back

Minnie Nunes was 12 years old when she was placed in the convent along with her two sisters back in 1920 when her mother passed away. While her siblings eventually married and left the convent, Minnie continued to stay on and served the convent first as a laboratory assistant. She then took on the post of receptionist at the Middle Road campus and then at Bedok North, when the schools relocated in 1994. She was probably the longest serving staff from the number of long service awards she received. Affectionately remembered as Auntie Minnie by many, she passed away at the age of 99 on 19 March 2007.



Our youthful hearts are filled with ardour





1934

The first Junior Cambridge Class (the equivalent of GCE 'O' levels) was introduced.



For truth and wisdom we yearn



Photo shows the site of the refurbished annex block at the corner of Queen Street today. Inaugurated in March 2014, after extensive retrofitting, the former SAC campus is transformed into the National Design Centre.

1937

Enrolment continued to increase and an annex with 6 classrooms to hold primary classes was built adjacent to Queen Street. A kindergarten was set up to provide shelter and care for the young children.



THE RESILIENCE OF THE CANOSSIAN SPIRIT



Courageously with heads held high

The school buildings survived the war and the Japanese Occupation. The Canossian Sisters were placed under house arrest. This did not deter their unwavering spirit to show compassion to others and the school became a temporary refuge for the sick and homeless.

“During day air raids, we open the front door of the Convent to let in all the people who have gathered on the road and they took shelter under the staircase. When the air raid is on we pray the Rosary all together and recite the Sub Tuum.”

– Excerpt from The Chronicler of St Anthony's Convent

Surviving the tumultuous years

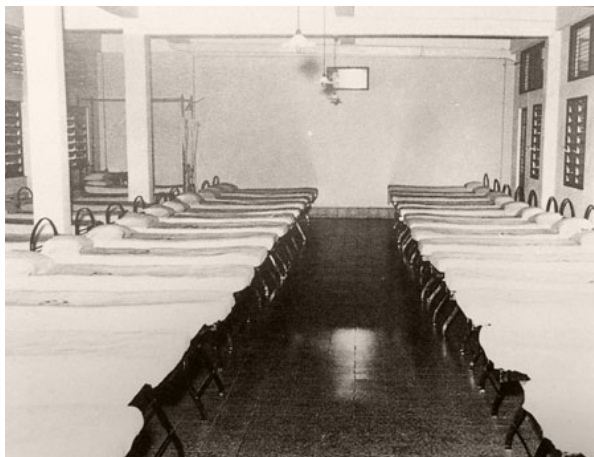
1945

The Japanese military took over St Anthony's Girls' School.



1945

Mother Vittoria Garre was appointed Principal.



When the war ended, the buildings were used to house war orphans. A new storey was added to the convent in 1948. In 1952, the wooden convent was demolished and a 5-storey new building was constructed in its place. The new school was officially opened the following year.



1951

Mother Angelica De Piazza became the next Principal.

1954

Mother Rosa Baio was appointed Principal.



1948

The forerunner of the alumni association, Blessed Magdalene's League, was formed for current and ex-students to connect to our alma mater.



Promoting respectfulness

Mdm Jenny See Beng Choo, her daughter and granddaughter are part of the many three-generational families who were schooled at SAC. Mdm Jenny See was schooled at SAC from 1950 to 1962 when the school was located at the intersection of Middle Road and Victoria Street. She recalls that the nuns, who were addressed as 'Mother' then, were stern to ensure that the students were disciplined and respectful.

*"I have benefitted greatly from receiving a Canossian education
– one which teaches us to be respectful towards others."*

– Mdm Jenny See on the privilege of growing up in an environment that promotes respectfulness



1960

Mother Pestana Wilhelm was appointed Principal.

1966

Mother Natalie Tasca took over the reins as Principal.



REBUILDING AND REINFORCING



We march ever on through life

A Canossian alumna, teacher and a Canossian Sister

Sr Christina attended school in St Anthony's Convent from 1957 to 1966. Her teaching career began initially as a relief teacher for five months in the primary school and another seven months in the secondary school. She went on to join the postulancy in 1969 and progressed to novitiate in 1970. Sr Christina then took her first vows in 1972. She continued to teach at SAC from 1977 to 1979 and went on to teach at Catholic Junior College from 1980 to 1983.



A hamper packed and assembled by students for distribution to needy families as part Foundress Day celebrations. The hand written gift card attached to the hamper succinctly expresses Sr Christina's reference to developing our students with a good head and a big heart.



"The Canossian Philosophy of Education is universal and real... seeking to ensure that our students are developed with – A good head and a big heart."

– Sr Christina believes in perpetuating her love for God through service.



Enriched with the sound of music: A tradition at SAC



Mrs Christine Kanagarajah who taught in St Anthony's Canossian Secondary School for 42 years, retired in 2000. She was the only music teacher back then. Mrs Kanagarajah not only composed the school song, she also played a significant role in contributing to the school's Performing Arts Programme as she was in charge of the many Performing Arts Co-Curricular Activities then. She brought musicality out in each student through her enriching music lessons and this enabled the school to build a strong tradition in choral and dance. She recalls that whenever the school had a celebration at 111 Middle Road – the celebrations came alive ubiquitously with music.

"We were among the top 8 schools for choir without even having to go through competition in the past. We were regularly called upon to sing for the Police Pedestrian Crossing Campaign, the Ministry of Health Campaign and the Courtesy Campaign in those days. The school's Choir was often tasked to welcome visiting choirs at the airport."

– Mrs Christine Kanagarajah



The schools' award winning performing arts groups regularly perform at school celebrative events as well as did their school proud at the biennial SYF competitions. The girls worked hard to ensure that they rise to the occasion each time with compelling performances and this has evolved into a hallmark of the SAC schools.



The Growth Years

1967

The school song was composed by Mrs Christine Kanagarajah, with lyrics penned by Sr Carmen Dengah.



The unwavering spirit of Sr Enrica Perego

Sr Enrica Perego who hails from Italy, arrived at the convent after the war. She recalled joining the Primary 1 classes to learn English as she did not speak English then. Although she is 82 this year, Sr Enrica continues to teach Pastoral Care in St Anthony's Canossian Primary School. She has also been a member of the Roman Catholic Prison Ministry for 20 years and has dedicated her time and commitment towards the rehabilitation of offenders. She diligently travels to Changi Prison every week to pray with the inmates and share with them the Word of God.



"We need Jesus and we need to form a friendship with Him. Jesus is always with us so we must trust Him."

– Sr Enrica Perego on what kindles her passion in her pastoral work.



A NEW CHAPTER OF GROWTH

Schooled in your spirit Canossa

Kind, gentle and a good sense of humour

Chua Lee Beng is one of the former students at SAC who returned to her alma mater to teach. She is currently the HOD for Sports, Arts and CCA at St Anthony's Canossian Primary School. She remembers Mrs Teresa Leong who was the Principal when she was in school, often stood at the playground – near where the monkey bars were – to speak to the students during assembly. **As a student then, Ms Chua related light heartedly that she had often imagined Mrs Leong swinging on the monkey bars!**

The Canossian charitable spirit was very much alive then. She recalls the girls from one of the CCA groups named Joyful Vanguard, assisting with the distribution of food packs and clothes to the needy on the first Saturday of each month.

Ms Chua also described the Canossian Sisters then as kind, gentle and serious – but with a good sense of humour.



1970

Mrs Teresa Leong was appointed the first lay Principal at St Anthony's Convent Primary School.



The Canossian Charism of other-centredness and demonstrating selfless love in caring for and sharing with others is nurtured in the students through a host of service-learning programmes.



Perpetuating a tradition

Mdm Pamela Yeo, her mother and daughter are one of the many three-generational families to have attended school at SAC. Pamela was with SAC from 1975 to 1984 and recalls many fond memories of her time at both the primary and secondary schools. She vividly remembers the quadrangle at the Middle Road campus and how the space served to be a multi-functional venue – as an assembly area where the girls prayed and sang hymns daily, worked out during PE lessons, as a playground during breaks, a sports arena for badminton and basketball and a venue where both the primary and secondary school congregated to celebrate special occasions such as Foundress Day.

Pamela appreciates the enriching experience of interacting with classmates from diverse backgrounds. This provided her with opportunities to interact and develop the values of Respect and Compassion along the way – all of which enabled her to be an active contributor and an effective team player.



"I hope the girls from all walks of life will continue to be enriched and gain from the Canossian experience and leave school ready to serve society."

– Mdm Pamela Yeo on perpetuating the Canossian tradition of giving back to society.



The many three-generational families to have attended school at SAC continue to perpetuate the Canossian tradition. The three-generational families pictured on the left (from left to right) are: Mdm Jenny See Beng Choo, Minh Tan, Mdm Pamela Yeo, Mdm Foo Suan Quin, Kayla Say – 4 Prudence 2014, Mdm Lam Bee Har, Mrs Shlya Anne Matthews, Tara Rhys Matthews-Charley – 1 Fortitude 2014, (Mdm Elise Fernandez, Tara's grandmother was unavailable for the photo session), Mdm Jenny Cheow Siew Moi, Triona Ang – 4 Justice 2014, Mdm Karen Seow.

1971

The administration of the primary and secondary schools was separated and the schools were named St Anthony's Convent Primary and St Anthony's Convent Secondary Schools. This allowed the two schools to better cater to the different needs of their students.

For virtue, true nobility we strive

The school commemorated its 100 years centenary (1879 – 1979) celebrations on 4 August 1979. Dr Toh Chin Chye, then Minister for Health, delivered a speech during the celebrations that touched on how the schools, St Anthony's Boys' School and St Anthony's Convent had grown from a handful of students when it first began a hundred years ago when Singapore's population was only 137,000 to the total enrolment of 3,256 – with 2,027 girls in St Anthony's Convent and 1,229 in St Anthony's Boys' School.



1977

The Alumni was formally registered as an old girls' association for the three Canossian schools: Canossa Convent Primary, St Anthony's Canossian Primary and Secondary with the Singapore Registrar of Societies.

1979

St Anthony's Convent Primary and Secondary Schools commemorated the Canossian Centenary Celebrations in August.



"...I have no doubt that the spiritual teachings of the schools' teachers must have also made an abiding impression on their students. They in turn became fathers or mothers and sent their children to be educated in schools where they had studied and become useful citizens... some of whom we note with pleasure, hold prominent roles in public service."

– Dr Toh Chin Chye on how the strength of spiritual teaching has contributed to the school's growth.



Nurturing a closely-knit culture

Mrs Evelyn Gomez has been teaching at SAC since 1982 when the school was still at Middle Road. She recalls that back then, the teaching staff knew one another well. The staff room then had only one huge table which everyone shared – there were no individual workstations. The teachers from both the primary and secondary schools were familiar with each other.

The students were well-behaved and each class had an enrolment of 40 students. The classrooms were also much smaller compared with the spacious classrooms at Bedok North today.

“Aloe vera plants were grown in the garden and I recalled using the extract from an aloe vera cutting to sooth the pain and stem the bleeding caused by a small cut on the finger of a student.”

– Mrs Evelyn Gomez recounting how she dealt with a situation that brought out her resourcefulness.



Mrs Evelyn Gomez (standing) with the other teaching staff who like her, joined SAC when the school was at 111 Middle Road. Seated from left to right are Mrs Catherine Tan, Mdm Seo Lee Wah, Mrs Yeow Thuan Hee, Mrs Dawn Tan, Mrs Koh Swee Hock, Mrs Sita Gaffoor.



1981

Mrs Au Keng Choo was appointed Principal of St Anthony's Convent Primary School.



The resonating clarion calls

Mrs Agnes Lim, Subject Head, Canossian Spirituality and Student Well-being reminisces about the time when she was a student at SAC along Middle Road. She vividly recalls how the bell was sounded to mark the dismissal of school. She also recalls that whenever she was given the chance to ring the bell, she would do it a good five minutes earlier so that all the students could go home earlier.

On the subject of bells, Mrs Lim recounted how the Sisters would have a dedicated code made up of a combination of short and long rings and whenever someone rang the bell outside the Sisters' quarters, each Sister would know if a visitor was there to look for her.



1987

Sr Angela Ng was appointed Principal of St Anthony's Convent Primary School.





Mrs Agnes Lim is among a group of former SAC students who had gone on to serve as teachers at St Anthony's Canossian Primary School. Pictured (clock wise from left) are: Mrs Perpetua Ho, Mdm Magdalene Koh, Miss Norazlin Bte Abdul Bakar, Miss Susan Tham, Mrs Agnes Lim, Mrs Patricia Hoon and Miss Chantel Beins.

"I was introduced to prayer and the faith by my friends who go to St Joseph's Church to pray. I remembered praying frequently during my secondary school days at the shrine that had St. Magdalene's image within the alcove."

– Mrs Agnes Lim on how she came to embrace the Canossian Charism.



1994

Centenary celebration to mark 100 years since the first Canossian Sisters arrived in 1894.

1995

The school moved from its Middle Road site into the primary school wing in the new campus at Bedok North Avenue 4 and was renamed St Anthony's Canossian Primary School.



1996

Both schools were officially declared opened by BG(NS) George Yeo – then Minister for Information and The Arts.





Performing Arts Education Niche



The Canossian Schools have both established niches in the Performing Arts through the provision of a unique and vibrant Arts culture and programmes. In the Primary School, the Performing Arts curriculum was implemented in 2004, enabling Social Studies and National Education to be taught through a creative process integrating music, movement and drama.

The Performing Arts curriculum continues to foster creativity in the students as well as develop in them an appreciation of the arts and cultural heritage. It also plays a critical role in developing students' multi-cultural identity. Performance platforms at the class, school and community levels provide students with opportunities to showcase their skills learnt.

2002

Ms Agnes Chew Geok Kim was appointed Principal of St Anthony's Canossian Primary School.





Values In Action: Celebrating the Spirit of Other-centredness and Compassion

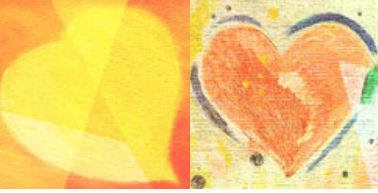
In St Magdalene's words that "Ours is a Life Built On Love", the Canossian Schools develop their students to give back to society and to care for the less fortunate through their Values In Action (VIA) programmes.

In the Primary School, students are developed to be other-centred through the school's VIA platforms where students grow through their service to the home, school, environment and community. In learning to provide service to the community, the school leverages on key activities to nurture the development of students' conscience and to focus on the formation of the person.

The school works closely with the Sisters in the Canossian Mission in the provision of VIA platforms. For example, annually, the Primary 6 students visit the St Joseph's Home for the Aged to interact with the elderly and to perform various acts of service. The students have also contributed hampers for the needy residents in the Fengshan community as part of the school's **Give Back** initiative. During the season of Lent, students are strongly encouraged to set aside some of their pocket money as a Love Offering to the Myanmar Missions run by the Canossian Sisters. Students also perform good deeds in service to others and record their good deeds in a Good Deed calendar.







Learning to deal with changes

Minh Tan was a student at SACPS from 2008 to 2013. She feels that the Canossian education has prepared her well to cope and adapt to changes as she transitioned to secondary school. She appreciates the constant emphasis on active listening which she finds useful at her current school. Although she is no longer a student at SACPS, Minh, who lives across the street from her alma mater, is reminded of her time at the school whenever she looks out of her window.



"My best times were spent at the field during recess with my friends. We enjoyed observing the grasshoppers and even had names for each of them. We were sad when the school had to move out for PRIME as we knew we would not get to see them again when we returned. "

– Minh Tan reminisces about cherished moments interacting with her friends at SACPS.



2009

Mrs Eugenie Tan was appointed Principal of St Anthony's Canossian Primary School.



2010

On 19 November, SACPS held a ceremonial walk to the school's holding site as the school was slated for PRIME from 2011 till the end of 2012.

2013

SACPS moved back to its refurbished campus at Bedok North Ave 4.

Schooled in your spirit Canossa

St Anthony's Canossian Secondary School



Ms Aileen Tan was a student at both the primary and secondary schools from 1978 to 1988. She returned to her alma mater to teach as she wanted to give back to the school for giving her so much when she was a student. She recalls that she was a beneficiary of the St Magdalene's Fund when her mother lost her job. Through the fund, needy students were provided with free school uniforms and books. Aileen is also thankful for the love she received from her caring teachers. Among them were Mrs Lopez, Mrs Joseph and Mrs Chong, who are all currently still teaching at SACSS.

1970

Sister Carmen Dengah became the Principal of St Anthony's Convent Secondary School.

1971

Pre-University classes were conducted for the students taking the Senior Cambridge Examinations (the forerunner of today's GCE 'A' levels).



“Witnessing the locking of the gates at Middle Road back in 1995 was a poignant moment for me. There were prayers, the lowering of the school signboard during the ceremony... and the last chapter of SAC’s history in 111 Middle Road was brought to a close.”

– Ms Aileen Tan recalling the mixed feelings at the closing ceremony of the school at Middle Road



Ms Aileen Tan is one of the many former students who returned to their alma mater as teachers. Pictured in this group photo of former students and current teachers at SACSS (clockwise from top left) are: Ms Justina Foo, Sr Christina, Ms Aileen Tan, Mrs Yip Seok Hui, Ms Dawn Lam, Ms Tiffany Cheok, Ms Nur Liza Johan, Ms Sharon Yu.



For true virtue we strive

Grateful for the assistance and the opportunity to contribute



Mrs Yip Seok Hwee, current Senior Teacher at SACSS, was a student at SACPS and went on to SACSS for her secondary school education from 1986 to 1989. Mrs Yip is grateful for the bursary awards she received as a student then. She appreciates the assistance that gave her the opportunity to pursue her education and is particularly glad to be back at her alma mater as a teacher.

1976

Sister Calista Ponnudorai was appointed Principal of St Anthony's Convent Secondary School.



"St Magdalene was very much ahead of time when she advocated Differentiated Instruction and Brain-Based Learning – some of the strategies embraced today. Even the discipline process (RTP) practised today is a reflection of her belief in disciplining with respect and dignity."

– Mrs Yip Seok Hwee on the relevance of St Magdalene's philosophy of education.



Giving back to society

Ms Amy Tan (Class of 1988) is grateful to her mother for having the foresight to enrol her in a Canossian school for her primary school education. She recalls learning through the story-telling sessions conducted by Sister Enrica. She learnt about the charitable and humble qualities of St Magdalene, the foundress, as well as the strength of forgiveness in St Josephine Bahkita.

Amy chose to continue her secondary school education at SACSS where her teachers and the Canossian Sisters taught her to love and to be sensitive to the disadvantaged. Then, the Sisters would regularly arrange for buses to ferry the students to St Joseph's Home to give them the opportunity to interact with the elderly.

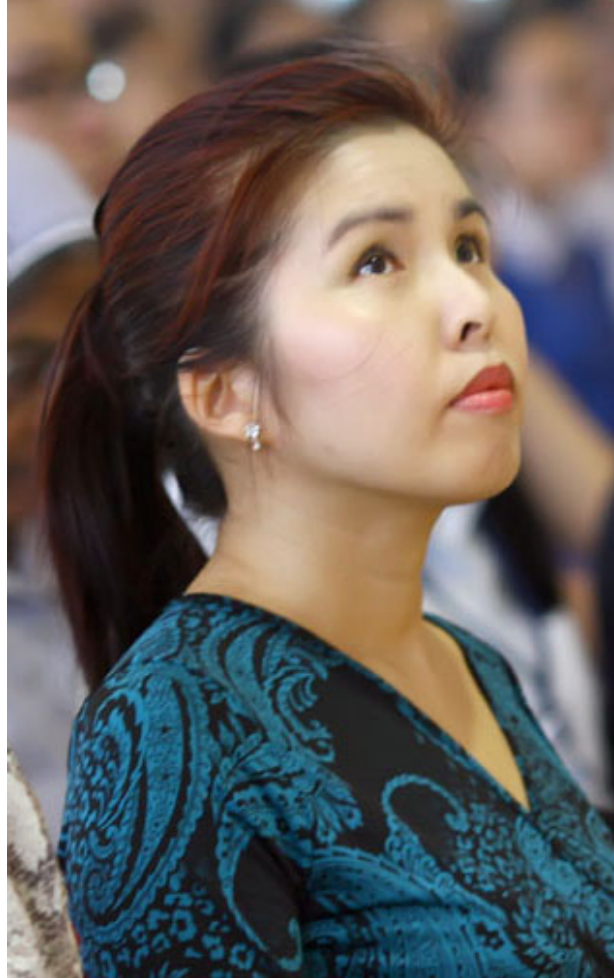


1985

Sister Cecily Pavri was appointed Principal of St Anthony's Convent Secondary School.

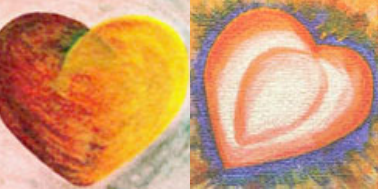
“Today, as a business lecturer at an institution of higher learning, I have extended that ‘love’ to my students, in the same unconditional way that SACSS has given to me. I also make time to give back to society – together with my husband, we spend some of our weekends with Focus on the Family Limited to facilitate marriage preparation and conduct parenting courses to the public.”

– Amy Tan (Class of 1988), Lecturer at Temasek Polytechnic, School of Business, Exco Member of Canossian Alumni Association (since 2008).



1989

St Anthony's Convent Secondary School began the admission of Hearing Impaired students to facilitate their integration into society.



Renewing bonds

Ms Sharon Yu was a student at SACSS from 1997 to 2000 and returned to her alma mater to teach in 2009. She is currently the teacher-in-charge of the Catholic Activities Council. Sharon likened her return to a homecoming. The Canossian spirit and familiar faces that were part of her school life when she was a student are still there. Mrs Yip Seok Hwee was Sharon's Physics teacher. The Girl Guides and the Prefectorial Board bring back memories of the time when she was a Girl Guide and a Prefect. The close bonds that the Sisters shared with students continue to be a nurturing feature.

"There is a belief that a person is not in a position by chance... that they have a gift to share."

– Ms Sharon Yu expressing her appreciation for being able to share faith with those around her and the privilege to learn some of life's greatest lessons from her students.



*Sharon as a student then,
with her Physics teacher,
Mrs Yip Seok Hui.*

1993

The inception of the school's Fine Arts Programme – the forerunner of the school's Performing Arts Education Programme – allowed the school to hone students' talents and showcase their virtuosity as well as promote group responsibility and teamwork skills.

1994

The school welcomed its first batch of Normal Technical (NT) students.

1995

The school moved into its new premises at Bedok North Avenue 4 and was renamed as St Anthony's Canossian Secondary School.



Relative to the long history of Music and Visual Arts in the Singapore schools' instructional curriculum, Dance and Drama Programmes have both been relatively recent additions to the core curricula at select secondary schools. By integrating the two dynamic Performing Arts programmes into the existing Music and Visual Arts curricula at SACSS, the school has been able to widen students' appreciation of the Arts as well as cater to the unique needs of students with different artistic talents through the expanded range of programmes.

1996

Ms Choy Poh Chun was appointed Principal.

1998

Sister Cecily Pavri was re-appointed as Principal.

1999

The school received its first Sustained Achievement Award for Academic Value-Added.





2002

The school received recognition for its Niche in Performing Arts Education.

2003

Mrs Jennifer Loh was appointed Principal of St Anthony's Canossian Secondary School.



The Performing Arts Education Programme (PfE) in St Anthony's Canossian Secondary School is anchored by a trinity of disciplines – Music, Dance and Drama. Faithful to the school's belief in the immense potential in each and every student, this programme is offered to all students in the first two years of their secondary school life as a means of empowering them for life with a holistic approach to their education.





2007

Ms Melanie Martens became the Principal of St Anthony's Canossian Secondary School.



The first Golf Day was organised in 2010. Support for the series held in subsequent years from 2011 to 2014 continue to grow from strength to strength with unwavering support from sponsors and most of all, from the strong turnout of golfers and the generous donors who contributed invaluable items for the auction that was held as part of the Golf Day Dinner.

2010

The school moved to its holding site along New Upper Changi Road as the campus at Bedok North went through PRIME over the next two years .

The inaugural SACSS Golf Day fund-raising event was held to raise funds for the school building fund.





2013

The school moved back to its newly refurbished campus at Bedok North Ave 4.



Mdm Mak Lai Ying was appointed Principal of St Anthony's Canossian Secondary School.



Caring and giving

Held in conjunction with Foundress Day 2014, the entire school – Sisters, teachers and students – were involved in an activity of caring and giving and prepared gift hampers for the needy families in the Chai Chee precinct.



2014

The school commemorated Foundress Day in February with the theme, *Carità: A Life Built on Love*.





The entire process was well orchestrated – from getting the contents for the hampers, to arranging the items into the gift baskets and finally, wrapping them up and delivering the gift hampers to the recipients.





THE SOLIDARITY AND UNITY OF PURPOSE



Our alma mater, our guardian, our guide



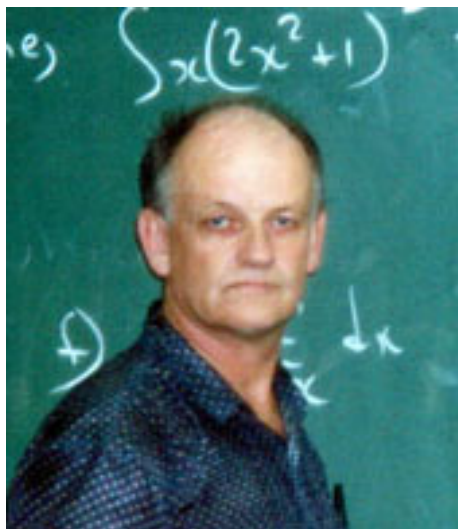
Ms Dawn Lam was posted back to her alma mater, SACSS, where she was a student from 1996 to 1999. Dawn was the Vice-President of the Chinese Dance Club then. She chose teaching as a career because of the meaningful friendships that were forged during her time in SACSS.





*“Mrs Grace Heng’s patience stood out... she
did not scold nor give up on her students.”*

– Ms Dawn Lam on a teacher whom she looks up to.



Ms Justina Foo was a student at SACSS from 1998 to 2001 and the people-oriented culture in the school motivated her to return to her alma mater to teach.

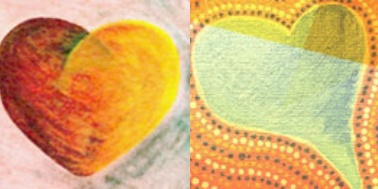
Among the teachers who left an indelible mark during her time as a student was her Maths teacher, Mr Max Robb, who stood out in many different ways. Mr Robb often used a broom stick as a ruler and liked his students to ask questions. He engaged his students by adopting unique methods – in 2000, a leap year, he organised a LEAP year celebration and created a Maths activity based on the LEAP year theme.





*"We live in a results-driven society and need people with
a balanced mix of the brain and the heart."*

*– Ms Justina Foo on the relevance of the Canossian education philosophy
on Excellence and the Formation of the Heart.*



Ms Nur Liza was a student at SACSS from 1999 to 2002. The interaction and strong bonds fostered with her teachers as a student inspired her to return to her alma mater to teach. Among the teachers who made an impression on her was Ms Karen Kang. Nur Liza recalls that Ms Kang was a strict teacher and a caring ‘friend’ at the same time. Liza particularly enjoyed Ms Kang’s literature lessons that were conducted in the garden.





“The world needs more love and the CORRI qualities of a Can-do spirit, Other-centredness, Resilience, Responsible Individuality and an Inquiring Mind.”

– Ms Nur Liza on the values and qualities of a Canossian education.



spirits for duty's call

Tiffany Cheok was a student at SACSS from 2000 to 2003. She completed her teaching practicum in another school and realised that she missed the prayers and the Canossian culture of SACSS. She was pleased to eventually return to her alma mater as a teacher. She finds the close interaction between teachers and students at SACSS as a culture unique to the school.



"Mrs Adeline Cheong is a teacher who endears herself to her students. Every student was like family to her. Students were invited to her wedding and Christmas parties."

– Ms Tiffany Cheok on what makes the Canossian culture stand out.





The courage to keep striving

Ms Angeline Chen Zi Yue was a Hearing Impaired (HI) student who completed her secondary education at SACSS in 2003. Angeline then went on to Nanyang Polytechnic and attained a Diploma in Digital Media Design – Majoring in Animation. She furthered her art education at Ringling College of Art & Design in Florida, USA on a Media Development Authority (MDA) Overseas Scholarship and graduated with a Bachelor of Fine Arts Degree (Majoring in Illustration) in May 2013.

She is grateful for the opportunity to have received her education in a mainstream school environment which facilitated her integration into society. Her most memorable moment at SACSS was being awarded the Most Persevering Sportsgirl Award which spurred her on to live life well.

“I was a member of the school’s basketball team and had trained hard to represent the school. On the day when we were getting ready for the tournament, my coach informed me that I was disqualified from playing in the tournament as I was overaged. The news hurt when it sank in that my being overaged was related to my hearing impairment that had affected my studies and led to my spending eight years in primary school. I had thoughts of quitting basketball but somehow managed to not let it affect me. I learnt from the experience to accept things which I cannot change. When I received the award, it reaffirmed my persistence to stay strong and gave me the courage to keep striving.”

– Ms Angeline Chen on why receiving the Most Persevering Sportsgirl Award meant so much to her.



Angeline contributed this painting for the auction segment of the St Anthony's Canossian Gala Dinner in 2012. The event was held to raise funds for both St Anthony's Canossian Primary and Secondary schools that were then undergoing PRIME (Programme for Rebuilding and IMproving Existing schools).



Our country to serve with virtuous might

Overcoming the hurdles in life, giving back and making a difference

Dr Sylvia Goh – Alumna (Class of 1947), a retired paediatrician, Committee Member and Past President of the Canossian Alumni Association. She was a recipient of the Outstanding Lifetime Volunteer Award in the MCYS Volunteer Awards 2012 for her unwavering dedication and contribution to the fostering scheme and setting up of the specialised Fostering Unit.

Dr Sylvia Goh's education was abruptly put on hold during World War II. When the war ended, she went on to look for a school to complete her studies. As she was already a 20-year old by then, she was rejected for being overaged by many schools. In 1946, she managed to get a place at St Anthony's Convent and even though her school years at SAC are long over, Dr Goh vividly reminisces about how her Mathematics teacher, Mother Teresa, would motivate the students who were dragging their feet along the corridors with these encouraging words, "Passion, my dear child, Passion!"



“St Anthony’s Convent was the only school that took pity on me and accepted me. If not, I would not be what I am today.”

– Dr Sylvia Goh recalling her gratefulness for the chance to complete her studies after the war.



Dr Janelene Leong is another alumna who continue to maintain strong ties with her alma mater after she has graduated. She was a former President of the Canossian Alumni Association. Dr Janelene Leong was the Guest-of-Honour at St Anthony's Canossian Secondary School's Graduation Day event to celebrate the graduation of the Class of 2013. Dr Leong, whose late mother, Mrs Theresa Leong was the first lay Principal from 1970 to 1981 at SACPS, attended school at SACPS and SACSS from 1972 to 1981 at the Middle Road site.

"...where morning prayers and hymns set the tone for every school day and the values which the nuns and teachers imbued in us. Be appreciative and thankful for family, friends and the challenges which came our way."

– Dr Janelene Leong reminisces the cherished memories of her school life, especially during the four years at SACSS.





Overcoming challenges

Ms Lily Goh graduated from the Canossian School in 1993 and went on to complete her secondary school education at SACSS in 1997. Despite being a Hearing Impaired student, she was a member of the SACSS Percussion Band from 1989 to 1995. She also played in the school's Concert Band from 1994 to 1997. She went on to perform with the Ngee Ann Polytechnic Concert Band in 1998. Ms Goh then did a stint at the Singapore Association of the Deaf, teaching sign language as a part-time sign language instructor from 2002 to 2010. She has a Grade 8 in Percussion Music with Merit, a Grade 5 in Music Theory with distinction and a Grade 5 in Piano. Ms Goh has also accumulated an impeccable record of

accolades and achievements relating to her work. She teaches percussion music to Hearing Impaired children at the Canossian School every Saturday and is the founder of ExtraOrdinary Horizons – a social enterprise establishment that aims to promote deaf arts, culture, heritage and language. She also hopes to elevate ExtraOrdinary Horizons to greater heights by organising the inaugural nationwide annual event – Deaf Arts Festival to showcase the talents and skills of the deaf to the public.

Ms Goh's latest accolade is winning the 2014 Singapore Woman of the Year Award in recognition of her efforts in overcoming challenges and attaining extraordinary achievements that are both meaningful and beneficial to society.

"I learnt to accept who I am as well as to use my initiative to overcome challenges."

– Ms Lily Goh on the takeaways from her time at SACSS.



The heart of the school

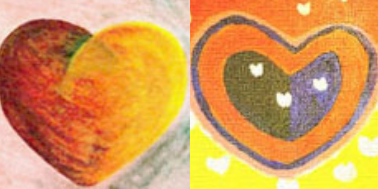


Ms Belinda Huang graduated from SACSS in 1983. She is a member of an award-winning architectural practice that designed the iconic Pinnacles@Duxton. Despite her busy work schedule, Belinda makes time as an alumna, serving as the current President of the Canossian Alumni Association. She values the friendships made and camaraderie during her school days. Belinda vividly recalls the central courtyard at the Middle Road campus as a common space where everyone came together for Assembly, events, PE or simply to play during recess. Belinda refers to it as the heart of the school where everything happened.



"I have learnt to constantly be aware of the people around me and to give love, care and gratitude."

– Ms Belinda Huang on how the moulding of the heart at SAC remains to be the foundation of how she interacts with people.



The Canossian Alumni Association

The inception of the Canossian Alumni Association dates back to 1977 when it was formally registered as an old girls' association for the three Canossian schools with the Singapore Registrar of Societies. Keeping the Canossian Spirit alive continues to be one of the key focusses of the association which has grown from strength to strength over the years with members made up of former students of Canossa Convent Primary School, St Anthony's Canossian Primary School and St Anthony's Canossian Secondary School.

Besides facilitating programmes to connect alumni members, the Alumni Association also actively supports the schools during key events as well as lends a hand in organising fund-raising events. The funds raised serve to build better infrastructure and facilities for students.



The association sponsors a series of pinnacle awards that are presented during the awards ceremonies held in the Canossian schools each year. The key awards sponsored by the Alumni Association include the:

Magdalenian Award – to celebrate the holistic achievements of students

Bakhita Award – to affirm the resilience of students from challenging backgrounds

Magdalene's Fund – to assist needy students

Canossian Affiliation Award – to promote the continuity of Canossian education from primary to secondary levels

Canossian Spirit Award – to promote character development



We stand for truth and for right

Via, Veritas, Vita

The motto of SACPS and SACSS draws its inspiration from Jesus Christ who is the Way, Truth and Life – taking Him as a model and seeking to follow in His footsteps.



Via (Way)

We walk confidently and joyfully on the path of life overcoming all difficulties with fortitude and prayer.

Veritas (Truth)

We are sincere in word, deed and action – open to truth and knowledge.

Vita (Life)

We live for others, ready to share, serve and sacrifice for others.





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- Mrs Corinna Chua

St Anthony's Canossian Secondary School

- Mrs Monica Menon
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