



CHIJ ST. THERESA'S CONVENT

CHIJ St. Theresa's Convent 2024 Orientation E-booklet

WELCOME CLASS OF 2024



Dear Sec 1s,

Welcome to St. Theresa's! I'm Charlotte Cowell, your Central Executive Committee President. Many of you may feel a mix of nervousness and excitement in this new environment, but I assure you that by the end of this year, you'll be amazed at your progress. As you embark on your first year of secondary school, you'll encounter many "firsts" – new friends, new subjects, and new experiences. Some will be great, while others may be challenging, but always strive to stay positive and happy.

In This Booklet

ORIENTATION COMMITTEE

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STC HIGHLIGHTS

CHEERS

At STC, we are a very welcoming bunch, from the students, teachers, and staff so don't forget to give a nod or a smile at anyone you see along the corridors of our school. We uphold four simple values: truth, justice, freedom, and love which you will find out more about so do listen up and look out for these values in action during your time with us. Leading with the goal of spreading the IJ spirit and light as well as looking out for those who may be disadvantaged, we also take pride in our motto: "Simple in virtue and steadfast in duty" in all that we face and do.

Once again, I warmly welcome you to our school, CHIJ St. Theresa Convent, which will hopefully become your second home for the next few years. May you have a blessed time in the years to come, getting to know your peers, seniors, and teachers.

Yours sincerely,
Charlotte Cowell

President, Central Executive Committee

Committee

CHAIRPERSON

Charlotte Cowell

CHEER TEAM

IC-Krishita Thilak
Emily Tang
Cerin Chng
Jia En
Cherie Peh

TEAM BUILDING TEAM

IC-Adrea Toh
IC-Rachelle Yeo
Kadie Teo
Lauren Ho
Jazyel Antonette
Claudia Yew
Valerie Chew

VIDEO MONTAGE & EDITING TEAM

IC- Gen Teo
Sujithkumar Vani
Averyl Chua
Eva Daania
Sukumar
Harshita
Sophie Gan
Manushri Devi

THERESIAN HUNT TEAM

IC-Hidayah
Drea Lee
Kalidoss Aishwarya
Chandrasekar Smrithi
Huang Ema

Your Faculty



1 ST. ANNE

IC-Kadie Teo
Co-IC-Nicole Ng
Luann Wong
Angela Sutiarto
Jayaraj Joshna
Athenia Lim
Kayla Ch'ng
Visalakshi Meera
Kalidoss Aishwarya

1 ST. BERNADETTE

IC-Sophie Gan
Co-IC- Jia Hui
Dominique Richer
Sun Yiming
Nadia Lim
Frezann Lee
Wong Yue Teng
Emily Tang

1 ST. CLAIRE

IC- Drea Lee
Co-IC- Sonia Emile
Rykiel Fong
Olivia Koh
Katelyn Anup
Hilary Ye
Caelyn Koh
Ceris Chng

1 ST. DEIRDRE

IC-Jazyel Antonette
Quraisyah Hairinie
Suhavi Bedi
Mattea Fan
Shanice Soh
Chloe Tan
Claris Chng
Sukumar Harshitha
Vani Krishna

1 ST. ELIZABETH

IC-Lauren Ho
Co-IC-Nidhi Elsa
Fun Rui
Katelyn Tan
Kalea Mak
Laura Jane
Leticia Lim
Ema Huang

1 ST. FAUSTINA

IC-Averyl Chua
Co-IC- Izen Toh
Clarrisa Torrey
Sophi Chong
Allyssa Yap
Quek Qing Qing
Ashlyn Ong
Chandrasekar Smrithi

1 ST. GEMMA

IC- Cherie Peh
Co-IC-Goldevia Heng
Reshika Ophira
Nicole Tan
Keoi Kejanko
Yi Tan
Daania Vishinu
Claudia Yew

ORIENTATION

SCHEDULE

DAY 1 - 2 JAN 2024

Time	Program		Venue
7.30am – 8.00am	Morning Assembly		AVA / MPH
8.00am – 9.10am	Intro of Sec 1 Level Team (YH) & Principal's Talk		AVA
9.10am - 9.45am	Recess		Canteen
9.45am - 11.30am	FT Time		Classrooms
11.30am - 12.30pm	Lunch with FT		Canteen
12.30pm - 1.00pm	AEP/MEP Talk Introduction to School Counsellors / SEN Officers (AVA)		AVA
1.00pm - 1.30pm	Safety Talk - VP1		Hall
1.30pm - 2.00pm	Sec 1 students to proceed to class and change to PE attire		Classrooms
2.00pm - 3.00pm	Teambuilding Activities 1A,1B,1C,1G	Theresian Dance & Cheer 1D, 1E,1F	School Ground
3.00pm - 4.00pm	Theresian Dance & Cheer 1A,1B,1C,1G	Teambuilding Activities 1D,1E,1F	
4.00pm - 4.10pm	Debrief and back to class		School Ground

DAY 2 - 3 JAN 2024

Time	Program		Venue
7.30am – 8.00am	Morning Assembly		Classroom
8.00am – 9.10am	FT Admin		
9.10am - 9.45am	Recess		
9.45am - 10.00am	Assemble in classroom to change and move to venue.		Classroom
9.45am - 10.45am	Teambuilding Activities 1A,1B,1C,1G	School Tour 1D, 1E,1F	School ground
10.45am - 11.30am	School Tour 1A,1B,1C,1G	Teambuilding Activities 1D,1E,1F	
11.30pm - 12.30pm	Lunch with FT		Canteen
12.30pm - 1.30pm	Lighthouse Talk CCA Talk		AVA
1.30pm - 2.00pm	Assemble in classroom to change and move to venue.		
2.00pm - 3.00pm	Theresian Hunt 1A, 1B, 1C 1G	Theresian Dance & Cheer 1D, 1E, 1F	School ground
3.00pm - 4.00pm	Theresian Dance & Cheer 1A,1B,1C,1G	Theresian Hunt 1D, 1E, 1F	
4.00pm - 4.10pm	Debrief and back to class		School Ground

ORIENTATION

SCHEDULE

DAY 3 - 4 JAN 2024

Time	Program		Venue
7.30am – 8.00am	Morning Assembly		Classroom
8.00am – 9.10am	FT Time and Class Breakfast (Classrooms)*		
9.10am - 9.45am	Recess		Canteen
9.45am - 10.45am	Discipline Talk		AVA
10.45am - 11.30am	Theresian Dance & Cheer 1A,1B,1C,1G	Teambuilding Activities 1D,1E,1F	School Ground
	Lunch with FT		
11.30am - 12.30pm	Lunch with FT		Canteen
12.30pm - 1.00pm	Life of St Therese Chat with Seniors		School Ground
1.00pm - 1.30pm			
1.30pm - 2.30pm	Teambuilding Activities 1A,1B,1C,1G	Theresian Dance & Cheer 1D, 1E,1F	
2.30pm - 3.00pm	Performance Rehearsal		Hall
3.00pm - 3.30pm	Tea		Canteen
3.30pm - 4.30pm	Rehearsal Performance Item		ISH
5.00pm-6.45pm	Parents info night and Sec 1 Presentation		Hall

DAY 4 - 5 JAN 2024

Time	Program	Venue
7.30am - 8.00am	Morning assembly in class.	Classroom
8.00am - 8.35am		
8.35am - 9.10am	Recess	Canteen
9.10am - 9.45am	Instructions on CCA Fair	Classroom
9.45am 1.00pm	CCA Fair	MPH,ISH, AVA & Classrooms
1pm - 1.30pm		

About St. Therese of Lisieux

St. Therese was born in 1873 and her first words that she learnt to read was, "heaven".

She entered the Carmelite at 15 even though the entry requirement was much older.

St. Therese would often fall asleep during prayers but just as parents love their children as much while asleep as awake, so would God love his children the same way.

At a young age, she wanted to enter the Carmelites and fought hard to enter. She even went to see the Bishop and Pope seeking their approval.

She had unwavering trust and confidence in God and her little ways were about her extraordinary love for God and her neighbours.

St. Therese strove to be ever loving, kind even to those she did not like and do things without complaint.

St. Therese the little flower, our patron saint, whose example of simplicity and love of God we ought to follow.

She never sought to perform great deeds. Rather through her deeds, her love proved itself.

Today, she is one of the patron saint of mission even though she had never stepped foot outside the Carmelite in her time. Missionaries feel supported through her special love and prayers.

St. Therese, the patron saint of our school, continues to inspire us today with her values and character. We hope that you would carry out little actions with great love and care towards your peers with her as an example. Remember you are always loved by God and your fellow Theresians. As your Journey in STC begins, you can always look towards St. Therese for guidance and support.

STC HIGHLIGHTS

90TH ANNIVERSARY CARNIVAL



Our 90th anniversary carnival brought together parents, teachers and Theresians past and present. Everyone dedicated countless hours to designing, assembling and testing their carnival games that were later displayed to the public. This event brought out a deep sense of fulfillment and achievement in every Theresian. The carnival was an unforgettable experience and a great success to honor our school's 90th anniversary.

SL INVESTITURE



The Student Leader Investiture is a cherished memory. In 2022, I became a Student Councillor, a hard-to-top experience. Last year, as the newly elected Exco President, leading the student leader pledge was an even greater honor. Despite pre-investiture nerves, seeing leaders with smiles on the actual day made me proud. A distinct memory was when the exco stayed back for photos, revealing the wonderful team I'm a part of. To incoming student leaders: don't give up on challenges; the feeling of accomplishment is unparalleled. Thanks to all EXCO members, teachers, and students for making the investiture a success!

-PRESIDENT CHARLOTTE COWELL-

NDP 2023



In 2023, our Secondary 2 and 3 students had the wonderful opportunity to perform in the NDP. Months of hard work and preparation reached fruition when they performed their hearts out to celebrate Singapore's 58th year of independence. What an unforgettable journey it was!

HOUSE



OUR THERESIAN HOUSE SPIRIT BURNS EVER BRIGHT WITH OUR ANNUAL INTERNATIONAL FRIENDSHIP DAY COMPETITION WHERE ALL 6 HOUSES WOULD COMPETE FOR THE CHAMPIONSHIP.



House System Objectives

- To promote and foster the Theresian Spirit through School and House activities
- To provide opportunity for mass participation building a sense of belonging to the school and a heart of service to the community
- To promote and inculcate the Olympic Values through sports and physical activities

HOUSE CHEERS



IGNATIUS

WE CHEER
WITH PRIDE
IGNATIUS WE BURN BRIGHT
WE SHINE
OUR LIGHT
TOGETHER WE WILL FIGHT
(LET'S GO)
I G N A T I U S
IGNATIUS GO GO
IGNATIUS!



JOSPEH

2 4 6 8 WHO DO WE
APPERICATE NOT THE
KINGS NOT THE
QUEENS JOSPEH
JOSPEH WE WILL WIN!!



CATHERINE

IN THE SKY, WAY UP
HIGH SEE THE
ATHERINE MASCOT
FLY BOLD AND BRAVE,
SOARING HIGH YOU
CAN'T STOP US WE'RE
SO FLY!



ISABEL

ORANGE CRUSH, LEMON ICE
BEAT THEM ONCE, BEAT THEM
TWICE
BEAT THEM HIGH, BEAT THEM
LOW
ISABEL ON THE GO!!



CAROLINE

CAROLINE, CAROLINE LET'S
GO!
SAY CAROLINE CAROLINE
LET'S GO
WE AIN'T NO QUITTERS SO WE
SHINE, SHINE, SHINE!
WE WON'T BACK DOWN SO WE
FIGHT, FIGHT, FIGHT!
CAROLINE, CAROLINE LET'S
GO!



MARIE

WE ARE MARIE,
WE BREAK IT DOWN
AND WHEN YOU SEE US,
GIVE US A CROWN!
A CROWN!
A CROWN! CROWN!
CROWN!
WOO!



THERESIAN SPIRIT

**I GOT A THERESIAN UP IN MY HEAD* UP IN MY HEAD *
UP IN MY HEAD * I GOT A THERESIAN SPIRIT
UP IN MY HEAD * UP I MY HEAD TODAY *****

**I GOT A THERESIAN SPIRIT DEEP IN MY HEART * DEEP
IN MY HEART * DEEP IN MY HEART* i GOT A
THERESIAN SPIRIT DEEP IN MY HEART * DEEP IN MY
HEART TODAY *****

**I GOT A THERESIAN SPIRIT DOWN ON MY KNEES *
DOWN ON MY KNEES * DOWN ON MY KNEES * I GOT A
THERESIAN SPIRIT DOWN ON MY KNEES * DOWN ON
MY KNEES TODAY *****

**I GOT A THERESIAN SPIRIT ALL OVER ME * ALL OVER ME
* ALL OVER ME * ALL OVER ME * I GOT A
THERESIAN SPIRIT ALL OVER ME * ALL OVER ME
TODAY *****

**i GOT A THERESIAN SPIRIT UP IN MY HEAD * DEEP IN
MY HEART * DOWN ON MY KNEES * I GOT A
THERESIAN SPIRIT ALL OVER ME * ALL OVER ME TODAY**

SCHOOL SONG



See this school up on a hill
Quiet, tall and standing still
Kampong Bahru's little light
Glowing, growing, shining bright
Never wavering in its mission
Extolling Father Barre's mission
Girls were sought and educated
Teachers are so dedicated
So with zeal and faith inspire
Never did the sisters tire
Persevered and faced the
challenges
Ahead of them
Simple in virtue
Steadfast in duty
Learn how to learn and
Learn how to live
Proudly now this building stands
High amidst the verdant land
Service to others we uphold
Fine young women we do mould
Keep the light continually burning
The light on the hill forever
shining
Lighting up lives to all who come
here
Facing the future without fear
Forward onward and fulfilling
Theresian spirit and tradition
Value-based is our rendition
Forever we remain

IJ SONG

*IJ spirit burning bright
Fill this world with love and light
Light that shines for all to see
Love that sets our spirits free*

*IJ friendship through the years
Born with simple joys and tears
Something tells me deep inside
IJ friends are friends for life!*

CHORUS:

*Hold on to our dream of peace
Don't stop believing
Our hearts and hands, ever seeking
Ever serving
Hold on to the sound of our friends all
Joyously singing
Our voices raised to the Lord our God above
Hold on to our dream*

*IJ spirit burning bright
Fill our hearts with love and light
Light to see ourselves anew
Love begins with me and you*

*IJ voices ringing true
Reaching out and breaking through
Every heart will hear our call
Share our dream of peace for all
(chorus)*

*Hold on to our dream
hold fast to our IJ dream
Hold on to our dream*

