



THE THERESIAN TRIBUNE

ISSUE 2 SEMESTER 2 2020

Editor's note

Dear Theresian community, we're pretty sure that you'd be hard-pressed to decide what it was that you liked and disliked about 2020. Full Home-Based Learning appealed to the homebodies (and sleepyheads), but also made you realise how much you took for granted the privilege of having your teachers and classmates by your side, enriching your learning experience. Going home immediately after dismissal means commuting in relative calm and peace, but you undoubtedly miss the adrenaline rush and euphoria of accomplishing something with your CCA mates. Needless to say, there is always a silver lining, but we mustn't brush away what we innately know as loss either.

In this issue, we appreciate the ideas put forth by our teachers who adapted to Home-Based Learning, and marvel at the beautiful Art work and Applied Learning projects done by our students in Semester 2. We set aside travel envy to read about teachers' overseas adventures in 2019 and fantasise about the next time we can travel abroad. While we stay put on our sunny shores this year end, let's glean some ideas from teachers and parents on what to read, watch, cook, and how to spend time with family! For our young ladies, do take the time to reflect on your interests, strengths and how this might inform your educational and career pathway. As always, there are places to go and things to see, and people to create good memories with! Please enjoy the issue, and #staysafeSTC.

The Newsletter team



Semester One 2021

As you take your leave from school for a well-deserved break, do take note of the following dates for next year:

TERM 1

Monday 4 January to Friday 12 March

TERM 2

Monday 22 March to Friday 28 May

MRS RINA LIM

Parent Support Group Member

2 tips to parents of teenagers on how to survive the school holidays:

- Engage in family activities which have been planned together with your teenager.
- Allocate more time to be in the midst of nature as a much-needed breather for working parents and teenagers.

Your plans for the December break this year:

I would like to:

- Take a bumboat ride to Pulau Ubin and go on a guided walking trail.
- Check out the Nparks website at <http://www.nparks.gov.sg>
- Appreciate the beauty of nature and enjoy time with my daughter away from urbanisation.

One piece of advice to teenagers on how to spend the holidays wisely:

- Take time off from digital devices and participate in activities outdoors, especially in the midst of nature.

MRS MICHELE FUNG

Maths Teacher

What ICT tools did you try during the HBL period?

I first tried video-recording my lessons using my handphone in March when the Leave of Absence (LOA) was introduced. Then I switched to using Zoom to deliver live lessons for HBL.

For submission and marking of homework, I used WhatsApp, Classkick and Google Classroom with Kami. Classkick was fun to use but had a limited trial period. Google Classroom with Kami is good for the monitoring and marking of students' scripts.

What ICT tools would be a dream come true?

At present, I am using KAMI for free (as a free trial). It would be interesting to see what KAMI can offer with a paid account.

How has ICT benefitted you and the students?

Zoom is an effective platform because it is like teaching students 1-to-1 if students are able to remain focused.

Using Google Classroom for homework submission is convenient for teachers to monitor students' work.

Using Google Classroom with Kami enables teachers to mark and give feedback to the students easily.

One learning point to take back for HBL:

Still keen to ensure that students are on task and focused during Zoom lessons.

APPLIED LEARNING PROGRAMME (ALP)

Poster created by students from 3A to advocate for increased awareness on subsidies available to defray costs of education in Singapore:



Pamphlet created by students from 3A to increase awareness among low income elderly on the available subsidies:



Keep up to date with school-related information by following these accounts:

CHIJ St. Theresa's Convent

<https://www.instagram.com/chijstc.sg/>

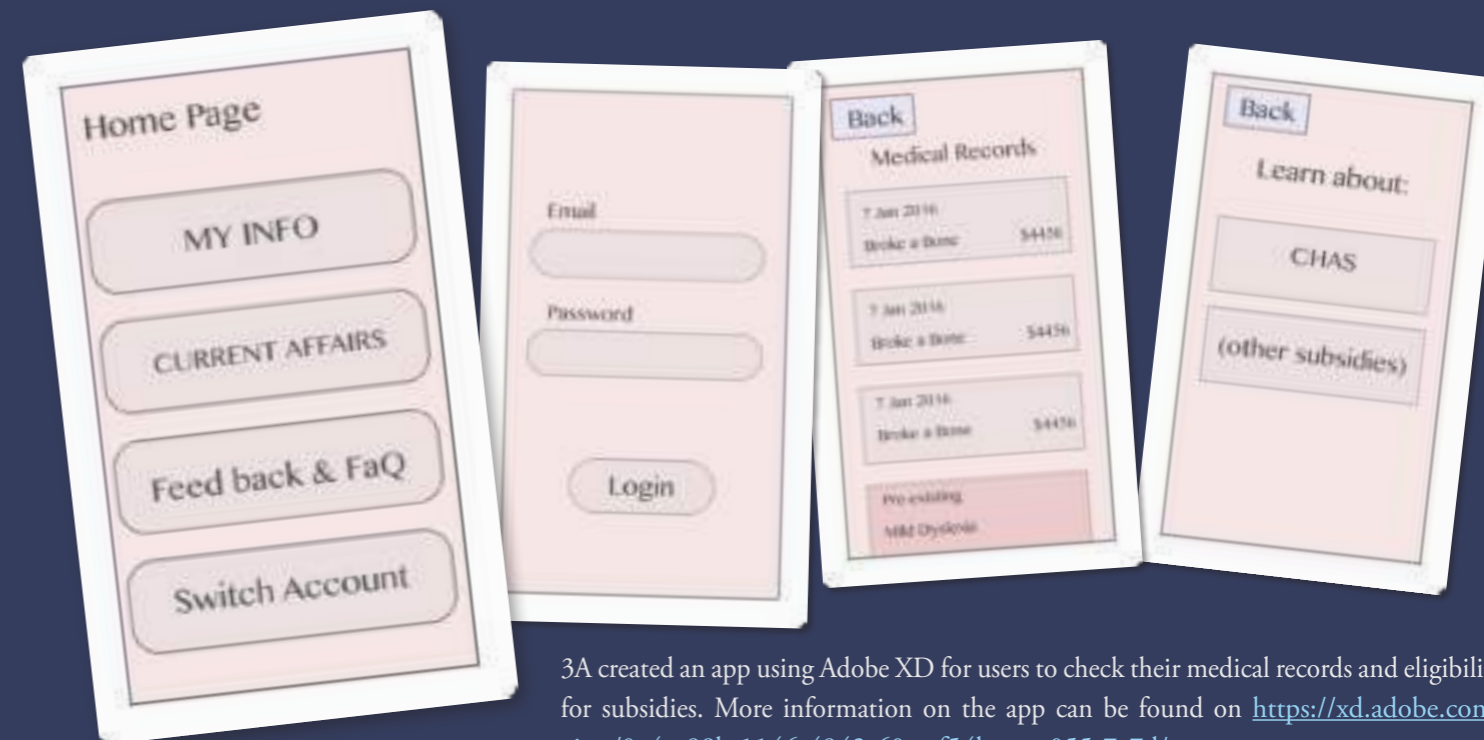
Archdiocesan Commission for Catholic Schools

<https://www.instagram.com/schools.catholic.sg/>

Ministry of Education

<https://www.instagram.com/moesingapore/>

APPLIED LEARNING PROGRAMME (ALP) PROJECT



3A created an app using Adobe XD for users to check their medical records and eligibility for subsidies. More information on the app can be found on <https://xd.adobe.com/view/0c4cc98b-1146-4942-60ac-f54beacea055-7a7d/>



File photo taken before implementation of Covid-19 safe distancing measures

MS MIROSHINI

Science teacher

What other ICT tools will you be keen to try out in future?

Showbie Pro - very similar to Google Classroom but with many added features. It allows any teaching material to be shared for the teacher to add comments, links to assignments or even voice-recordings of notes or feedback on students' work. Resources can be shared between classes simply by importing the task created by another colleague with the input of a unique Showbie code. Showbie is also linked with Socrative, so quizzes created in Socrative can be assigned via Showbie. Showbie even allows parents to be notified of the assignments given to students!

What ICT tools did you try during the HBL period?

Conducting live lessons and the use of Google Classroom for assigning tasks, and giving feedback by marking students' submissions.

One learning point to take back for HBL:

Time must be set aside to guide students and familiarise them with the new tool/platform for their learning to reap the full benefits of using the same tool in the long run.

Content covered online needs to be bite-sized with some follow-up practice/exercise as Assessment for Learning (AfL) to keep students attentive during the HBL lessons.

How has ICT benefitted you and the students?

Students received instant feedback of their marked assignments as well as their overall score. I was able to post customised comments for each student. I could easily add or deduct marks and make the changes instantly on a single platform. It was easy for me to keep track of the students who submitted their work as well as the date and time of submission.

What to do during the school holidays?

USE THE \$100 SINGAPORE DISCOVERS VOUCHERS FOR A TRIP AROUND SINGAPORE OR A STAYCATION

Who is eligible to receive this?

All Singaporeans 18 years old and above. So talk to your parents and older siblings.

How to get this?

Redeem digitally via SingPass from 1 December 2020

Where can I use this?

All licensed hotels, leisure attractions and local tours that are approved by STB.

We would love to hear your feedback on this issue of The Theresian Tribune.

<https://tinyurl.com/STCnewsletter2020>

MR ALWYN LEE

Subject Head ICT & Math teacher



One learning point to take back for HBL:

While the use of ICT may be daunting for many of us, and no doubt incorporating the use of ICT may be slightly more time-consuming at the start, but it will actually help simplify things and save time in the long run.

What ICT tools would be a dream come true?

I'd love for SLS to have similar capabilities as Google Classroom so as to provide a single environment for students to use for all their learning.

How has ICT benefitted you and the students?

It was easier for me to create soft copies of the materials that were used during lessons, which I was able to share with students via Google Classroom.

The use of Google Classroom has also helped make the tracking of homework submission much easier; the students and I were able to check what had been submitted (or not).

What ICT tools did you try during the HBL period?

The use of various ICT tools (such as Google Classroom, Google Meet, Zoom, Google Jamboard) in order to mimic the classroom learning environment so as to help students learn as per normal (as far as possible) despite the physical barrier due to the Circuit Breaker.

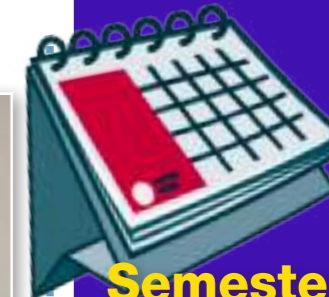
APPLIED LEARNING PROGRAMME (ALP)



File photo taken before implementation of Covid-19 safe distancing measures



Class 3A: Screenshot from a video advocating increased awareness among public on security of Singapore)



Semester One 2021 HOLIDAYS

TERM 1

- 12 Feb Chinese New Year
- 13 Feb

TERM 2

- 2 Apr Good Friday
- 1 May Labour Day
- 13 May Hari Raya Puasa
- 26 May Vesak Day

2020 Students' Artworks

Medium Recyclable paper-based materials

Task Students to create a 3D sculpture that represents a part of you. It can be a representation of yourself, your favourite item/hobby, or your personality. It can be represented figuratively or as an abstract work



Ng Pei Ling [1A] Chan Kai Wen [1B] Kayla Tng [1C] Nicia Ting [1D] Nicole Cheah [1D] R Priysilla [1MM]

COVID 19

STAY SAFE. BE SOCIALLY RESPONSIBLE.*

Remember to keep a safe distance from others.

*As advised by Ministry of Health from September 2020 - <https://www.moh.gov.sg/news-highlights/details/resuming-more-activities-safely>

MDM QUAN CHER LEE

EL & Lit teacher

How has ICT benefitted you and the students?

- Self-directed learning. Lessons were available for at least 1 week to encourage flexibility and enable students to manage their time in the completion of learning and assignments.
- More individualised attention to monitoring of students
- I was "forced" to hop onto ICT for teaching and benefitted tremendously learning from colleagues how to prepare online lessons.

One learning point to take back for HBL:

HBL is a useful way to make up for interruptions to learning in a physical school environment. I hope that HBL can also help address the socio-emotional development of students.

What ICT tools did you try during the HBL period?

1. Zoom
2. SLS
3. Using class Whatsapp group chat more actively for relaying important messages and answering urgent queries.

What other ICT tools will you be keen to try out in future?

- Google Classroom
- Google Earth
- Any easy marking tool for assessment
- For me, it would be wonderful if ICT tools could be more intuitive and user-friendly, and training be provided to a boomer teacher like me.

MS SAMANTHA TAY

Geography teacher



What ICT tools would be a dream come true?

I hope that students will have their own school email accounts which would help me use Google Classroom better: I will be able to deposit all my slides and materials there for their reference.

How has ICT benefitted you and the students?

I received positive feedback from most students – many felt that they benefitted a lot from the online lectures, as watching the recordings enabled them to adjust the video to their learning pace.

Personally, the thought process of (re)designing the lesson materials and lectures was really beneficial too. I looked through my 'old' materials and made changes so that my lessons would be more engaging and clear!

One learning point to take back for HBL:

It is not scary! HBL provides us with time to sit down and brainstorm about possible ways to help the students to learn better.

What ICT tools did you try during the HBL period?

Conducting lessons over Zoom and Google meet.

Recording lessons using Loom and editing it before sharing with the students.

Using Google classroom to provide updates and upload materials that will aid students' learning.

Grading and giving feedback online using Kami (integrated with Google classroom).

2020 Students' Artworks

Medium

Recyclable materials

Task

Students to create 2.5/3D works that represent how COVID-19 has impacted our lives.



"Paused"

Jannah Ho [3C]

COVID-19 has temporarily 'paused' our busy and hectic daily lives. During the Circuit Breaker, many activities were stopped and we were even not allowed to go out. These objects, representing various activities such as going to school/class, eating out and shopping, were put together into a package - like frozen meat.

Freezing of food is like pressing the pause button on food, preserving it for longer. Just like 2020 - our life on 'pause'.



"Down in Loneliness"

Evinne Chua [3C]

I was inspired by my daily life during this pandemic and the stories of other people and what they felt during the period of 'lockdown' and social distancing that was posted on the internet. Most of them felt bored, isolated from family and friends, feeling trapped in their house while waiting for the lockdown to be lifted.

2020 Secondary 2 Students' Artworks



Kady Koh [2C]



Tannya New [2D]



Naw Engyin Phyu [2J]



Lotus Toh [2B]



Valerie Choo [2MM]



Yu Jia Xue [2A]

MDM LINDA FONG

Parent Support Group Member

2 tips to parents of teenagers on how to survive the school holidays:

As a parent for the last 20+ years, I know that time flies, and we should embrace the “extra”, precious time we have with our teenagers during the holidays and create memories with them, instead of regarding the holidays as something to “survive”.

I deliberately take time off from my busy schedule and plan a short trip with my children either as a family or with friends because I enjoy the chance to spend one-on-one time with them. If going abroad is not an option like this year, a trip to the beach for a picnic works too.

Your plans for the December break this year:

This year, we will not be able to visit the region for community service trips as a family like we have always done. I may consider doing a staycation with my teenager as a follow up to what I did with her two years ago. We had packed our bags for a 3D2N getaway in a hotel located on Sentosa island, filling our days exploring the island, enjoying the sights and following an audio programme together called “Passport to Purity”. We had a blast! This trip was intentional as I wanted to talk to her about the birds and the bees as she transformed from a girl to a lady. The one-to-one time without the men in our household gave us valuable opportunities to share freely. I am certainly keen to explore this option again.

One piece of advice to teenagers on how to spend the holidays wisely:

Learn a new skill like baking or making your own mask

Enjoy your time with your parents. You are only “young” once and your parents are only “old” for a short period of time. Treasure each other while is still not too late.

MADAM LIM CHYE HONG

Operations Support Officer



How long have you been working in STC?

For about 20+ years, close to 25 years

What is your most memorable experience in STC?

Learning many things like the procedures and arrangements carried out and made during the National Examinations. Although it is quite tiring, it is also very fulfilling to hear students, staff, and parents thank me and share their appreciation.

It is also the first time this year that I have received the Outstanding Contribution Award (team).

How can we make your job easier?

Occasionally, students do help me out of their own accord which I really appreciate.

Being appreciated for what I have done will be a form of motivation for me to do better in my duties and responsibilities.

What do you enjoy most about your job?

I enjoy it when students and staff appreciate my work and say ‘thank you’ to me. It makes me very proud when I complete my work without complications, and things proceed smoothly without mistakes.

I take my job very seriously and will always try to do things to the best of my abilities.

Any words of advice for STC staff & students?

Listen to instructions especially when crossing the road and getting into and out of the car.

MS TEOH FAN YUN

Senior ECG Counsellor



What is the role of an ECG Counsellor? What do you do in your scope of work?

My role as an Educational Career & Guidance (ECG) Counsellor is to help students explore their interests, strengths and aspirations. I help to guide students to make informed decisions for their education and career plans. The scope of my work involves meeting students for individual or group sessions, and conducting talks and workshops for them. I also work closely with the school’s ECG team to plan programmes for students, share ECG knowledge with the teachers, and increase parents’ awareness of ECG.

What do you most enjoy/ find most meaningful about your role as ECG Counsellor in STC?

What I enjoy most is when I see students gain self-awareness about their interests, strengths, aspirations, and become more hopeful about their future. Knowing that I have helped my students in their ECG journey—be it guiding them in course selection or interview preparation—gives me immense joy.

What is your advice for our students who aren’t sure about their education or career pathway? Any top tips to give?

Remember that everything starts from the foundation of self-awareness. Students who are unsure about their education or career pathway can start with knowing themselves. Take some time to reflect on and explore your interests and strengths. Students can also attempt the tools at MySkillsFuture Portal to learn more about their career interests, skills, work values and learning styles.

What are your observations / thoughts on education and career trends right now? How have things changed over the last few years, and how do you foresee things changing over the next few years?

The higher education landscape has undergone many changes. There are now multiple pathways and opportunities for continuous learning and recognition. Now, students need not take the traditional educational routes. They can pursue work-study diplomas/degrees simultaneously. The work trends in the future will also demand us to be adaptable and embrace lifelong learning.

How do our students reach you?

Students can make an appointment with me via: <https://calendly.com/msteoh/stc>

Or email me at teoh_fan_yun@schools.gov.sg

Marking Survival Guide



I need snacks to keep the energy to tackle the paper mountain, and cold water because hydration is key.

Ms Rebecca Lee, HOD/Humanities



To me, coffee is the perfect accompaniment to marking. Everything is better when I’m surrounded by coffee, a good red pen, and even more coloured pens to liven things up! I also need some pretty paper to doodle on, and enjoy listening to music playing from my laptop.

Mdm Chin Pooi Pooi, HOD Design & Food Studies

MDM RAIHANAH

SH Discipline & MT Teacher



What is the most memorable trip that you have gone on?

One of the most memorable trips I went on with my family was to Eastern Europe in 2019. Due to extreme weather conditions (heavy fog), we were unable to land in Sarajevo. We were stuck in the plane (or should I say stagnant up in the air) for almost three hours trying to land somewhere safe, eventually landing in Bosnia after the crew obtained approval from the authorities. Despite all the unfortunate events, landing in Bosnia was a blessing in disguise and was the highlight for us as, during our one-day stay in Bosnia, we visited the war gallery and its spoils which were not part of the itinerary. All in all, the 10-day journey was beyond amazing and the scenery we came across was breath-taking.



What did you do or experience in this place?

It was snowing everywhere we went! Enjoying the adventure of cave and castle exploration and snow fights in Croatia, Bosnia and Slovenia was a fantastic takeaway from the tour. On top of that, Slovenia has also been declared as a green tourist destination and it is an attraction in itself with its diverse landscapes. I had the opportunity to visit most of the top tourist attractions such as the Bled Castle, which is an iconic castle that stands on a cliff 130 meters above the beautiful Lake Bled; Predjama Castle, which is listed in the Guinness Book of World Records as one of the largest cave castles in the world; and also Plitvice National Park, which is the oldest and largest National Park in Croatia with a spectacular view of a series of waterfalls and cascades.



What are your top 3 recommendations for this place?

My top 3 picks would be to visit Dubrovnik, Zadar and Zagreb.

What did you enjoy most about this place?

My family and I had to opt for halal food and forego their famous meat produce. We ate seafood most of the time instead which tasted equally scrumptious as the European style of cooking seafood is unique compared to our local cuisine!

During my stay in Eastern Europe, I realised that the locals are very welcoming especially to foreigners. When I was in Bascarsija, an old town market in Sarajevo, the locals were so willing to engage in conversation with tourists. There were also cultural activities in relation to their rich history, which were very engaging and intriguing to watch.

One of the most fascinating historical sites that I visited was Dubrovnik, which some might recognise as the location where Game of Thrones was filmed. We visited their Rector's and Sponza Palace where filming took place; Orlando's Column where there is a stone monument for an 8th century warrior in Dubrovnik legend; Onofrio's fountain which is a 1418 water supply system; and the Franciscan Monastery and Pharmacy, which is one of the oldest pharmacies in Europe.



MS JOYCE TAN

EL & Lit Teacher



What is the most memorable trip that you have gone on?

I went on a two-week trek at the end of 2019 to the Everest Base Camp in Nepal.

What did you do or experience in this place?

I went on a two-week trek. The start and end of the trek were the scariest parts of the whole trip, as we had to fly into Lukla Airport. They have the world's shortest runway so the propeller planes that fly off need to start off on an incline so they can gain enough speed to take off. When the runway ends, it's a steep drop to the bottom of the mountain. I had never felt so afraid for my life before.



What are your top 3 recommendations for this place?

Go trekking! Try the easier, shorter hikes with lower altitude to start. I personally enjoyed the Annapurna Base Camp trek that I did a couple of years back as it is a lot more scenic and lower in altitude: which means it's a lot less physically challenging.

Try local food. Dal Bhat and Nepali milk tea were my staples in the mountains.

Kathmandu city is generally chaotic and dusty, but sometimes wandering around the alleyways can lead you to hidden finds like a random café or shop selling interesting trinkets.

What did you enjoy most about this place?

Nepal is a mountainous area with amazing, 'wall-paper' like views almost everywhere you go. The people you meet while trekking are also usually friendly. You can strike up a conversation with anyone along the teahouses as most will be on the same route and going through the same 'suffering'. The Nepalese are also incredibly friendly and will go out of their way to make you feel at home. I really like the trekking days because it simplifies everything: your daily worries only involve wondering where you are going to sleep at night and what you're going to eat for the next meal.



HOW STAFF DESTRESS

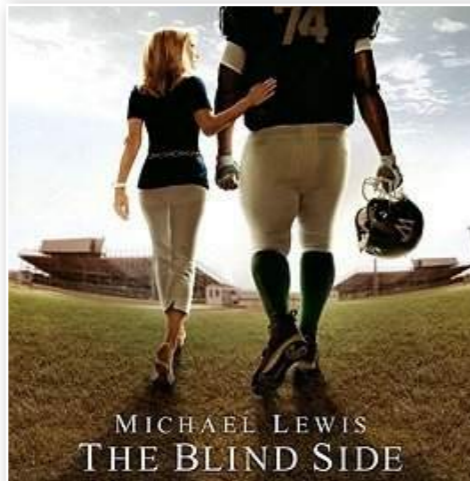
MR DARREN NG, SH PE

What do you like doing to unwind/destress when you have the time or during the school holidays? Why do you enjoy doing this?

I enjoy brisk walking and jogging to regulate my stress level and appreciate the wonderful scenery and observing people around me. Aerobic exercise is key for your head, just as it is for your heart. Regular aerobic exercise will bring remarkable changes to our body, metabolism, heart, and brighten up our spirits.

Tell us about something you did to unwind recently which is memorable or very meaningful. Why does it stand out to you?

I recently watched a biographical sports movie called "The Blind Side". Based on a true story, it tells of a homeless teenager named Michael Oher, and Leigher Anne Tuhy, an interior designer. Their lives changed after Tuhy's family took Michael in. With the family's support and his natural talent, Michael or "Big Mike" becomes an All-American football player.



What are you looking forward to doing during the upcoming school holidays?

I am looking forward to spending more time with my family after a long semester- enjoy the sun, the outdoors and maybe the sand at the beach with them. I also can't wait to start reading the books which I recently bought and have not had the time to read. One of the books is "Good Habits, Bad Habits" by Wendy Wood. I am really curious to find out how to harness the extraordinary power of our unconscious mind, which already determines so much of what we do, to achieve our goals.

MR SAMUEL ZOU, EL & Lit Teacher

I really love curling up on the sofa with my wife, son and two cats! My son loves playing and dancing to music while my two cats will rotate between asking for affection and sleeping. I literally feel the stress and tension slowly dissolving away!

I've been trying to cycle so that I can eventually cycle with my son when he grows older! Sometimes guys bond over just doing stuff together, you know? For now he rides in this little baby seat when we go to West Coast for cycling. I'm quite bad at cycling so sometimes my bike swings left to right when I'm trying to catch the balance, but apparently he enjoys the wild rides the most (he gives a little grin when it happens!). He trusts my cycling skills way too much...

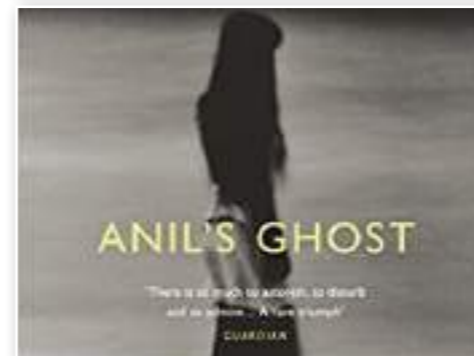


More cycling and cooking! My wife and I aren't great cooks but we've sort of learnt how to make home made crispy pork belly! Get those thick strips from NTUC, poke holes in the skin with a knife/needle and put a crust of coarse salt on the skin (scrape it off afterwards). Roast in the oven at 240C for about 40min. That's it! The skin comes out with a lovely bubbly rise and crackles in the mouth!

MRS SHIVANI ROHAN SH Literature

Besides spending quality time with family, I love to catch up on reading fiction, especially those written by post-colonial writers. My favourite writers are Khaled Hosseini, Chitra Banerjee Divakaruni and Mohsin Hamid. I also love to catch up with close friends and watch films or programmes on Netflix - "Nailed It" is an all time family favourite, as is "Kim's Convenience!"

I recently read "Anil's Ghost" by Michael Ondaatje and I couldn't put it down. It is a taut and gripping novel set in Sri Lanka against the backdrop of civil war and human rights violation. I finished it in 3 days, which is fast for me because with two young kids and motherly duties, I don't always find the time to read for pleasure. I like to buy (hoard!) more books than I can read (heard of the Japanese term "Tsundoku"?) so it felt good to turn the pages and complete a novel.



Doing absolutely nothing and taking a mental break from work. I want to go out more often with my family without work weighing on my mind, have slow, lazy brunches, and try out new recipes. I also have so many books that I have bought but have not read yet so I can't wait to catch up with reading, especially post-colonial fiction by writers such as Mohsin Hamid and Shyam Selvadurai.

MS VERONICA CHIA HOD Science

I like to work with my hands, mostly kneading bread or cooking random dishes that I found recipes of online. I find it relaxing when my hands are involved and my brain can take a break.

As we were unable to travel in June, I decided to bring some fun to my dinner table by making dishes from places I had visited before. We had a Spanish night with paella, one Thai dinner with pineapple fried rice, a Korean night with kimchi pancake and Korean instant noodles, as well as a San Francisco night with seafood chowder! It was fun when my family suggested the countries and their ideas to me, and I seized the challenge to plan and prepare the meal.



During the circuit breaker period, I tried to make a sourdough starter but failed. This holiday, I am going to pay my cousin a visit and hopefully find out her secret recipe. I will make another attempt and hope to succeed in my sourdough endeavours this time!

MS MAK WEI MIN Food Studies Teacher

I really enjoy spending time in the kitchen - either to whip up a quick meal or bake bread for a few hours. It brings me joy to see my loved ones enjoying the food and sweet treats that I've prepared. I would also find time to squeeze in a workout as it releases endorphins (happy chemicals) and gives me an energy boost. Plus, I have to burn off those extra calories!

I recently finished the series 'Snowpiercer' on Netflix in two days - I can be a serious binge watcher. It shows a post-apocalyptic world which has completely frozen over due to climate change, where the remaining survivors live onboard a gigantic train that continuously circles the globe. The plot twists were very thrilling and it was interesting to see how class conflicts and social injustice play out in the series.



To do absolutely nothing on some days, and also try out new recipes on other days! Ever since the Circuit Breaker, I appreciate staying at home more often as I could relax while spending quality time with my family.