



THE THERESIAN TRIBUNE

ISSUE 1 SEMESTER 1 2022

Dear Theresians, the surreal but exciting sensation of being able to gather as a school like we did in the previous term will surely be remembered for a long time! It seems like we need to get used to “a new normal” again, which ultimately, will always include new memories being made with our family and friends. In this first issue of the year, let us look back on the highlights of our learning experiences (was EFL-ALP really three months ago?!), get to know new STC teachers, and find out what the Theresian community is reading and watching, including parents who have kept up to date with the latest trends in order to bond with their daughters. See if you can spot familiar faces! Happy reading!

SECONDARY ONE EDUCATION FOR LIFE PROGRAMME

The Secondary One ALP-EFL experience was truly delightful. Over the course of three days, we went to Macritchie Reservoir to collect water samples and do a field sketch for Geography; the Science Centre where we attended a lecture on science concepts, and visited exhibits on saving the environment; and even cycled along the Green Corridor as part of our Outdoor Education learning.

One of the most meaningful activities



was going to the Singapore Chinese Cultural Centre (SCCC) to gather information for our Applied Learning project, which tied in our learning from History and Literature. Beyond finding out a lot about early Singapore and enjoying the interactive component of using a wristband to scan and answer questions, we also collected sources about how early immigrants contributed towards education and healthcare in Singapore. My group mates and I then met over Zoom to write a poem, incorporating

what we had learned at SCCC and applying skills and content acquired through History and Literature. We managed to film our video-performance of the poem back in school!

I had a splendid EFL experience as I was able to bond with my new friends and get to know them better, while learning meaningful things.

Written by: Goldevia Heng, 1A

NATIONAL GEOGRAPHIC

National Geographic is a magazine that I have subscribed to since I was a secondary school student. I first picked it up as it is visually appealing and its articles are relevant, interesting and informative. I feel that the magazine is educational and suitable for people who love to learn more about science and nature. It contains breathtaking photographs of people, animals and nature, which are rarely seen in other books and magazines! I strongly encourage you to start reading it to expand your general knowledge

Written by: Ms Samatha Tay



Jerry Ho

Ways that I unwind

I love to eat and visit different places for good food. I enjoy unwinding with friends at a cafe and over coffee, listening to music and catching up with them.

What's your idea of a perfect day?

My idea of a perfect day is to wake up early and go for a morning jog before the sun comes out, followed by preparing a home-cooked breakfast and reading a book or watching my favourite drama. I would then spend the rest of the afternoon and evening with my friends or family members.



Zheng Yuxin Felicia (Ms)

Ways that I unwind

I unwind by watching my favourite dramas, and also watching Facebook Live. I also love listening to my favourite songs, as well as shopping to relax!

What's your idea of a perfect day?

My idea of a perfect day would be a day spent with my family. With our busy schedules on weekdays, weekends are when we can unwind and enjoy the company of family.



Ng Say Hong (Mdm)

Ways that I unwind

I like to take time off to read a book while listening to music after a day's work. When time permits, I prefer to unwind by having a slow walk in the garden or exploring new routes for walking. Catching up with friends over a cup of tea or coffee is another good way to take a break from the routine of work.

What's your idea of a perfect day?

A perfect day to me is to start the day with a morning walk and have a healthy breakfast before heading to work. At the workplace, I would interact harmoniously with colleagues, and plan engaging lessons. Last but not least, my ideal day would end with a good dinner!



The **CHINESE NEW YEAR** is a very significant occasion for my family, especially for my parents. We will always make it a point to celebrate the day with family first, and then make time for friends. There are those who, in pre-Covid times, would travel during the festive period; I think that this cuts into the true meaning of the season as Chinese New Year should be a time to reunite with our loved ones and bond with them.



Written by: Mr Patrick Ng, pictured here with his immediate and extended family at home during Chinese New Year

SEMESTER 2 NOTABLE DATES

- JUL** O Level MT and EL Oral Exams
N & O Level EL Oral Exams
Racial Harmony Day
N Level Preliminary Exams
- AUG** N Level MT Oral Exams
National Day & Leadership Investiture
O Level Preliminary Exams
N Level Preliminary Exam & Sec 3 WA3 PTC
Last Day of CCA
- SEP** Teachers' Day
Term 3 School Vacation
N Level Listening Comprehension Exam
N Level Written Exams begin
Sec 1, 2 and 3 End-of-year Examinations
- OCT** O Level Listening Comprehension Exams
- NOV** O Level Written Exams begin

Our school celebrated **HARI RAYA** on 26 April 2022, virtually via Zoom. Our Malay Language teachers, Mdm Hannah and Mdm Haslinda organised the celebration, while the lower secondary ML students produced videos for the event.

The celebration started off by introducing the significance of Ramadan and



Hari Raya, through a recorded mini-skit on why Muslims celebrate this occasion, followed



by another video on Hari Raya delicacies.

Thesians also learnt about cultural costumes that Muslims

wear during this occasion. There was a very enjoyable teacher-demonstration by Mr Dill on how to wear the *samping!*



At the end of the session, Thesians

participated in a Kahoot quiz to test their



understanding of Hari Raya, before a sing-along session which featured our very own Thesians! To end off the celebration, all students were given templates of green packets with different designs for them to colour and decorate.

RECOMMENDED STORIES TO CHILL TO

Title: Newcomer

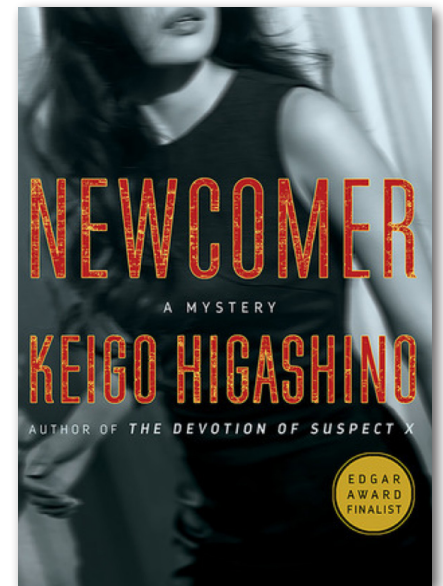
Author: Keigo Higashino

Genre: Murder mystery, Detective

A woman is discovered strangled in the business district of Nihonbashi, Tokyo. Newly transferred police detective Kyoichiro Kaga has been assigned to this case. But the more he investigates, the more suspects he uncovers. To prevent the killer from eluding justice, Kaga must unravel a multitude of secrets. Buried somewhere in the dead woman's past and in the last few days of her life is the clue that will lead to the answer.

This novel began in a rather light hearted tone for a murder mystery, but it became quite emotional and gripping towards the end, when more and more secrets were dug up from the oddities surrounding the case. This eventually culminated in a heart-wrenching truth behind the woman's unfortunate demise. What I found refreshing was that the author narrated each chapter from the perspective of different 'side characters', which made them feel like the main characters of their own stories. I hope you'll give it a read, and enjoy it as much as I did!

Samantha Ho, 4A



Title: Harry Potter and the Prisoner of Azkaban

Author: J K Rowling

Genre: Fantasy, Mystery

I like the Harry Potter film series, and this film was one of my favourites because Harry found out the truth surrounding his godfather. Harry does not have a family, so having a godfather is a dream come true for him. The movie was a perfect mix of romance, adventure, and tragedy for me. Hermione also shone in this movie, growing closer to Ron and standing up for herself and her friends when she punched Draco. This movie taught me that appearances can be deceiving, that we should treasure the friends whom we are as close to as family, and that if we believe, anything is possible.

Lakshita, 1B



Title: Anohana: The Flower We Saw That Day

Genre: Drama, Supernatural

A group of childhood friends drifts apart after one of them dies - a girl named Menma. A few years later, her ghost appears to Jinta, the leader of the childhood group. She asks him to fulfill her wish, reasoning that she cannot pass into the afterlife until it is fulfilled. Unfortunately, Menma has forgotten what her wish was, and Jinta resorts to gathering the friends back together, believing they are the key to solving the problem. Initially, everyone is reluctant as they believe Jinta is just hallucinating, but as they search for Menma's wish, they start to uncover hidden feelings and begin the process of forgiving themselves for their past mistakes and regrets.

I found this anime mature and psychologically realistic even though it has elements of the supernatural. I hope you will watch this anime as many of us will be able to relate to emotions such as self-blame, and how the characters try to cope with their feelings by sweeping them under the carpet. This anime gently shows us how we have to face our emotions eventually and learn how to forgive ourselves. The melancholic but sweet ending will not let you down!

Attitaya Yeo, 1B



SECONDARY THREE EDUCATION FOR LIFE PROGRAMME



I picked up many valuable lessons during the Secondary 3 EFL programme. Through a sharing by visually impaired speakers, I learnt about their day-to-day struggles, like how they take public transportation or use the restroom. Hearing about their challenges helped me to sympathize with them further. We also had a chance to visit the Philippines virtually, through the Virtual ASEAN Internationalisation Experience. We had fun on an interactive website which showcased landmarks in the Philippines, and participated in a Zoom sharing and group activity where we learnt about their food and culture through crafts and snacks. This was particularly interesting as the majority of us have never been to the Philippines and hence, felt like we had had an educational visit overseas while remaining in our classrooms here in Singapore!

Written by: Olivia Koh, 3C

One of the EFL activities that stood out for me was the Zoom sharing session conducted by a representative from the Ministry of Manpower (MoM), regarding issues that the Migrant Workers working in Singapore face, as well as the various government plans and strategies that are put in place to address these issues. Because our ALP project is related to the mental well-being of foreign domestic workers (FDWs), this session definitely helped us attain both the knowledge and skills required to complete our project. My peers and I submitted a survey to employers of FDWs which helped us learn how to use platforms like Microsoft Excel and Google Forms, how to present more confidently, and how to filter through the data that answers the question. After interviewing the MoM representative and collating data from our survey, we learnt that the responsibility of taking care of the mental well-being of FDWs still lies in the hands of employers, even though the government may have implemented steps to address this. All in all, the ALP learning experience helped us gain greater insight into the social issues that we face in the 21st century, and helped us think of ways they can be resolved.

Written by: Gracie Peh, 3C



Lee Chai Yen (Mdm)

Ways that I unwind

For about 30 minutes after half a day or a day of work, I might take a 20-minute catnap. I also unwind by listening to my favourite sentimental ballad from Cantopop diva, Joey Hung (EL version: Proud of you), which never fails to perk me up.

I also enjoy sitting in a cafe with soothing music, or indulge in reading a storybook with a cup of coffee. What a wonderful moment of peace.

What's your idea of a perfect day?

My perfect day is enjoying the process of achievement. As a Chinese Language teacher, I rejoice when my students courageously step forward to communicate with me in Mandarin. My day lights up when students share with me their new learning encounters with the language. Seeing students accepting and appreciating their Mother Tongue Languages motivates and warms me!

Like most people, I have a love-hate relationship with all things digital. In our house, it is non-negotiable that we do not have phones at the dinner table and for certain social gatherings. As a family, we enjoy doing different activities together, such as bike riding, swimming, going to the beach or a games night. Even just a walk to the supermarket is a good chance to chat one-on-one with my daughters.

Paying attention to what our daughters are up to at school, what music they like, what they are reading, what they are watching on TV and being there for them when they want to tell us about their day, or vent about something that has happened, is important.

Being non-judgemental while at the same time offering advice, helps grow the bond.



Mum of Emily Anne Choi Yi Siu (Sec 3D) and Imogen Bella Choi Yun Siu (Sec 3D)

The digital world these days is full of countless entertaining games, videos that arrest your attention for hours, and chatrooms that can engage you with just a notification, that I would say it is not easy at all for parents to bond with their children.

My teenager's mobile device is my greatest enemy. The old-school way of screaming our heads off or snatching the phone away worsens our relationship with our children. We could go at odds with each other for days, until one of us is tired (or is out of pocket money). Therefore, as the saying goes, 'if you can't win them, join them.'

So, I downloaded TikTok and discovered quick Korean recipes like 'toekbokki with cheese in 3mins'. My daughter and I both found it interesting and cooked it for supper together. I have also started following my daughter on her Instagram account after promising that I will never comment on her posts (I can only LIKE them) nor tag her without permission. I have kept that promise till this day, but at least I am able to see what she's up to each day through her Insta Stories. 😊

I also gave her a Disney+ account so that she can screencast movies onto the family TV screen and we can watch them together, to reduce her time watching YouTube videos.

Above all, we are still finding and trying new ways to be involved and to bond without overstepping boundaries. She is, after all, a fourteen-year-old figuring her way in the world. As a parent, I can only continue to be watchful, to be aware and to be patient.

Mum of Koh Jia Xi, Seraphine (Sec 2MM)



I believe in 'Togetherness'. My daughter and I always watch Korean survivor and variety shows together, with our favourite snacks like McDonalds, KOI and Mr Coconut. We will cheer, laugh, and comment on the participants' talents and behaviours. And I will often take the opportunity to share the right values and attitudes in life with my daughter. I am not a Harry Potter fan, but I made the effort to watch all eight movies in the series with my girl last year, while she explained the different characters and storyline to me.

Simple gestures like hugs, prayers before sleep, sharing and listening respectfully (be they about success or failure) may seem insignificant, but they strengthen the bond between parent and child.

Though I do not limit her screen time, I still do my part as a mom with the reminder: "Hey Kadie, screen break please!"

Mum of Kadie Teo (Sec 2A)