



THE THERESIAN TRIBUNE

Dear Theresians, happy holidays! Each of us has made it through another year of changes and new experiences. For some of you, 2021 involved adjusting your expectations and adapting to new routines; for others, the year might have been rocky but still fruitful. Either way, the end of the year is always a good time to look back on what has taken place, and explore our thoughts and feelings on both the good and bad. Some of us enjoy recounting a period when things seemed “better”, yet it is also important to have a spirit of gratitude and appreciation for everything stable and comforting in our lives. A glass isn’t half full unless it’s half empty, after all!

In our second issue of 2021, the Newsletter team presents teachers’ Plans for the Holidays, alongside musings on Places We Miss around the world, and students’ book and drama series recommendations. May these insights give you ideas on how to keep yourself entertained this year-end break! In this issue, we also feature a friendly face from our General Office staff whom you encounter almost daily, and highlight some exciting lessons which leveraged the use of PLDs when they arrived in Term 3.

Sit back, prepare a snack or beverage (or both), and enjoy this issue!



From L to R: Ms Donna Koh & Mrs Megalai Hari



PSG Voices

Staff Voices

Student Voices



Unsung Hero

Curriculum Highlights

PSG

VOICES

Observations from 2021 & plans for the Dec hols

My daughter Katelyn was looking forward to being a Theresian, and continuing her IJ education after studying in CHIJ Kellock Primary. With the encouragement of her teachers, I’ve seen her mature over these past months, giving herself a chance to explore the new subjects in Secondary One and being open to discovering new CCA interests.

For the year-end holidays, we try our best to spend quality time together as a family. We exercise together doing various sports and plan our own movie nights. We will also be busy getting ready for the Season of Advent, preparing ourselves spiritually and picking out our fresh Christmas tree.

~~ Mrs Mandy Morier-Tan

During her first year of secondary school life in 2020, my daughter struggled with the new subjects that were introduced. She had to adapt to a new learning environment and school culture which was made more challenging amidst the Covid-19 pandemic. She has grown noticeably more sensible, and I find her more resilient and mature. She has certainly done us proud!

I plan to visit Jurong Bird Park! Because there is a curious child in this mummy here, and I would like to explore this attraction with my family. There is nothing more exciting than an outdoor trip!

~~ Ms Lucia Cheng





STC Unsung Hero

MS FLORENCE TANG



WHAT DO YOU FIND MOST MEANINGFUL ABOUT WORKING IN STC?



I joined STC in 2012. My role is to attend to students and staff when they need help and care for them when I can. I enjoy getting to know the students and watching them grow over the years. The most memorable time for me was when I was deployed to the Lighthouse for the past 6 years. Being at the Lighthouse allowed me to connect with and understand the students better. We bonded over different activities such as games and crafts. The students would also share their problems or worries with me, and I would be a listening ear to them. Whenever they feel stressed, I'll also encourage them to do their best and never give up.

AS THE MOTHER OF A WORKING ADULT DAUGHTER, WHAT TIPS CAN YOU GIVE TO OTHER MOTHER-DAUGHTER PAIRS?

Spend time and be present. For me, I try to keep up with what my daughter is interested in and always make it a point to check in on her to see how her day has been, how she's coping with work, and offer my encouragement. While it's easy to communicate over text messages, I think it is also important to engage in activities together, such as taking walks, going out for meals, or even watching Netflix shows! The latest show we watched together was Hospital Playlist.

TELL US SOMETHING ABOUT YOURSELF THAT FEW PEOPLE KNOW!

I love travelling! But now that we can't, I enjoy watching interesting cooking videos on Instagram. This helps me to try out new and creative ways to cook for my family.

Staff Voices

PLACES WE MISS

TELL US ABOUT A COUNTRY/ CITY YOU VISITED ON VACATION & WHAT YOU LOVED MOST ABOUT IT.



Seagulls at Kunming, Yun Na Province

The very "zen" fish pond at Ji Zhao Temple, Da Li



An ancient building under blue skies in Sha Xi Town, Kunming

MDM ZHANG HAIYING

I took my parents to Kunming 3 years ago in 2018. We enjoyed the chilly weather and wonderful views there. That was the first time my father showed his innocence in front of me when he was feeding the seagulls. I miss the childlike smile on his face and hope to see that again soon.

Staff Voices

PLACES WE MISS



TELL US ABOUT A COUNTRY/ CITY YOU VISITED ON VACATION & WHAT YOU LOVED MOST ABOUT IT.

MS CHAN WENLI

Back in December 2018, I visited Scotland and London on a 2-week vacation. It was one of my favourite trips as the scenery in Scotland was truly breathtaking and nothing like I've ever seen, while London was beautifully decked in Christmas lights and abound with Christmas markets. We had fun exploring the old castles of London (no, we did not see the Queen, sadly), enjoyed the scenic hikes up the many mountains in Scotland and caught up with friends who were also in London at the same time. It was a self-drive trip, so we drove 9 hours up to Scotland from London. It was truly a drive to remember as my inner speed demon was awakened during that trip - the cars were driving at average speeds of 150km/hr!



Rugged beauty of Scotland... or Middle Earth?

Visiting the mythical Stonehenge on Salisbury Plain in Wiltshire, England



Heralding in Christmas at Oxford Street, London



Enjoying Yeosu's night sky



Beautiful sunset at Suncheonman Bay Wetland Reserve, filled with the largest reed fields in Korea.



Freshly-steamed crab in Gangneung

MS TAN LI HSING

I visited Yeosu, Chuncheon and Gangneung in South Korea in December 2018. I was really amazed by their laid-back atmosphere and picturesque attractions. The locals there were tourists like myself, and were amazed that a foreigner like me knew about such places. I had the chance to try local specialties such as steamed oysters in Yeosu and king crab in Gangneung. The freshness of these seafood is something I really miss.

Staff Voices

PLACES WE MISS



TELL US ABOUT A COUNTRY/ CITY YOU VISITED ON VACATION & WHAT YOU LOVED MOST ABOUT IT.

MR TERANCE WONG

I visited Lady Musgrave, a coral cay, situated within the Great Barrier Reef in Australia in December 2019. I took my wife and two children camping on Lady Musgrave Island, where we pitched our tent along the coastline for two nights. It was truly a back-to-nature experience, with the sun, sand and sea surrounding us, and doing outdoor cooking of instant noodles and canned food as a family. I enjoyed observing the sea turtle laying eggs, and snorkeling around the reefs surrounding the island.



Back to nature, pitching the tent-our home for the next two nights

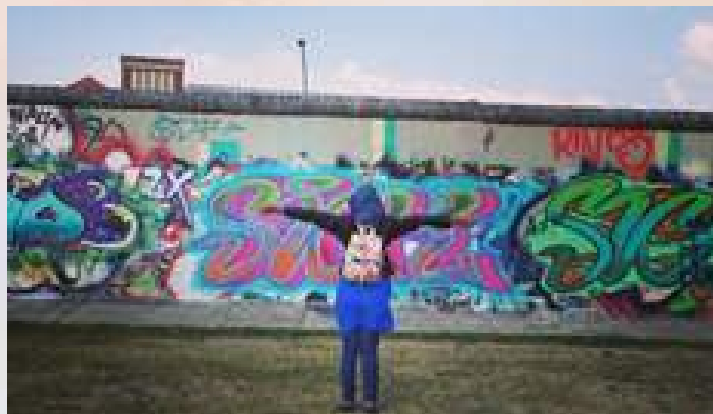
Our visit coincided with the sea turtle nesting season!



Snorkelling around the reef



Remnants of the Berlin Wall, a wall that witnessed the pain and misery of billions. Here I am, smelling the freedom at the West side of the wall!



MS BADARIAH

I visited a few countries in Europe in 2015 (Germany, Switzerland, France, Czech Republic, UK and Netherlands). My friend and I decided that we should take this trip to Europe before we embarked on actual adult life (also known as work life). I encountered many languages, people from all walks of life and food-- or the lack of it, because I also had to fast for 18 hours since I visited Europe in the month of Ramadan when Muslims fast during the daytime (I admit calling my mum and crying!). Nevertheless, it was an unforgettable experience!



Had to indulge in some Indian food even in Europe.

Inside a wartime submarine in Hamburg, Germany.



Staff Voices

OUR PLANS FOR THE HOLS



**TELL US WHAT YOU ARE
LOOKING FORWARD TO DOING
DURING THE DEC BREAK!**

MS ATIQA H

My friends gave me a pair of rollerblades for my birthday this year, so I hope to learn and be able to skate confidently by the end of the year! I also plan to spend quality time with my family and close friends, doing the things we love such as being in the outdoors or doing activities like wakeboarding and rockclimbing. I pray hard that we can all gather in groups again to enjoy each other's company.



I really look forward to when it's safer to take my grandmother out to nice places and spending more quality time with her.



I love the Great Outdoors, thus I am looking forward to hikes, hikes and more hikes! And perhaps being in the water too for some Vitamin Sea!



MR WANG QIMING

I look forward to spending quality time with my little ones. I would love taking them to attractions like the Future World exhibition at the Art Science museum, and the Live Turtle & Tortoise Museum.

Our staycation will be the highlight of our upcoming holidays!



A previous visit to the Skyride at Skyline Luge Sentosa



MRS BRENDA TAN

The wait is finally over! The entire family has been eagerly awaiting our new addition. He finally arrived end-October, and we were all so excited to see and cuddle the baby. Unfortunately, due to the current restrictions, only two members of the family can see him each day, which is painful but necessary for the good of all. So yes, this is what I shall be doing this holiday - spending time with my first grandson!



MR LIM CHOON HONG

I look forward to Pasttimes and Good Company! It is easy for a person to get caught up in the rat race called "Life", where every day becomes a pursuit of objectives and KPIs. During this year-end break, apart from engaging in one of my favourite hobbies (i.e. completing Math textbook exercises and Math past year papers), I am hoping to rediscover myself through drawing, and to spend time with those whom I have neglected over the years.



I am looking forward to long distance "Pokemon Go" walks where I can take photos of our amazing city skyline.



I will be decluttering my living space with my 3 'R's approach:

- 1) Recompact (by reducing the space that my plushies are taking up)
- 2) Rearrange (by practicing the "Art of Packing")
- 3) Resell (by selling them on online shopping platforms)

Curriculum Highlights



OUR DEPARTMENT ICT CHAMPIONS TELL US ABOUT INNOVATIVE AND IMPACTFUL LESSONS THEY CONDUCTED USING STUDENTS' PERSONAL LEARNING DEVICES (PLDs) TO FACILITATE TEACHING AND LEARNING.

MOTHER TONGUE

The lower secondary students were engaged in an inquiry-based learning task before moving on to a vocabulary building exercise using their PLDs. They "learnt through doing", exploring ideas through research. The task required students to draw on their existing knowledge and identify their required learning needs. They were asked to collect pictures of different types of money plants, and find out why the name "Money Plant" had been given. Rather than the teacher telling the students what they needed to know, students were encouraged to explore, ask questions, and share ideas.



MALAY LANGUAGE STUDENTS KEPT BUSY WITH THEIR FINDINGS!



STUDENTS EXPLORING VOCABULARY WITH THEIR TAMIL LANGUAGE TEACHER

Secondary One Chinese Language students completed a listening and an oral practice on the Student Learning Space (SLS) during this lesson. Having learnt the difference between "facts" and "opinions" previously, the students were tasked to classify the "facts" and "opinions" from a news article and express their own opinions on the topic, using the SLS "MCQ" function as a self-testing tool to assess whether they had understood how to distinguish between the two. They then used the SLS "audio submission" function to record their opinions. This allowed the teacher to give instant feedback on the students' submissions and discuss the lesson findings with the whole class.



RECAP OF LESSON ON DISTINGUISHING BETWEEN FACTS VS OPINIONS



PREPARING THEIR ORAL RECORDING SUBMISSIONS



"The best teachers are those who show you where to look but don't tell you what to see."

- Alexandra K. Trenfor

WHAT ARE SOME MEMORABLE LESSONS YOU'VE EXPERIENCED WITH YOUR PLD THIS YEAR?



Curriculum Highlights

SCIENCE

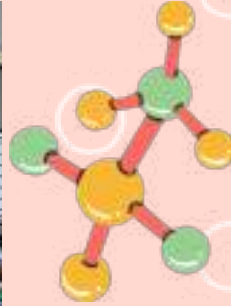
Students of class 3J went through their assignments that had been uploaded onto *Showbie* (online platform similar to Google classroom). As a whole class, they were taken through the process of how their work had been marked. The great thing about *Showbie* is that the moment the teacher clicks 'Done', all the students will have a copy of the feedback given. Additionally, with the use of the *Blocksi* app, the teacher can also click "Share Screen", which would enable all the PLDs' screens to mirror the teacher's screen, enabling everyone to see what the teacher is doing in class very clearly without having to strain their eyes or come to the front.



A STUDENT IS RAISING HER HAND TO ASK QUESTIONS REGARDING THE LESSON. IF YOU LOOK CLOSELY, THE STUDENTS' PLDS MIRROR WHAT THE TEACHER IS SHOWING ON SCREEN.



CLASS DISCUSSION AND COLLABORATION ON HOW STUDENTS' ANSWERS CAN BE IMPROVED



SETTING UP 'SHOWBIE' AND 'BLOCKSI' IN CLASS



PHYSICAL EDUCATION

The Secondary 3 Exercise & Sports Science students recorded their overhead throws of 1kg medicine balls from the side. They made use of media players and Microsoft Word to do a simple sports analysis, applying knowledge learned from the Biomechanics lesson. We were able to find out the height, angle and speed of release of the ball, and calculate the estimated distance that the ball will travel using the points plotted on Microsoft Word. This practical lesson allowed students to apply their Biomechanics knowledge and understand how to do a basic sports performance analysis.



GUIDING STUDENTS TO PLOT THE POINTS NEEDED FOR CALCULATING THE HEIGHT, ANGLE, & SPEED OF RELEASE OF THE BALL



THE END PRODUCT! DON'T WE LOOK PROFESSIONAL?



2021 HAS BEEN AN EXCITING YEAR WITH OUR PLDS AND WE ARE LOOKING FORWARD TO TAKING BLENDED LEARNING TO THE NEXT LEVEL NEXT YEAR!

Staff Wellbeing



WITH THE WORKLOAD OF TEACHERS RECEIVING GREATER SCRUTINY IN THE MEDIA RECENTLY, WE ASKED OUR THERESIAN TEACHERS TO SHARE HOW THEY COPE WITH STRESSFUL PERIODS, SUCH AS THE EXAM MARKING SEASON!



MR ALFIE YANG



In order to complete marking the examination papers, I create a schedule for myself. I have to follow and remind myself of the dates in the schedule such as completing marking two English classes of composition by the end of the week. This is to make sure I am able to complete my marking in time and have sufficient breaks in between marking. Another way of coping is to make sure I have all the necessary items for marking, such as red pens and the marking schemes. Listening to music while marking is important to me and I usually listen to movie scores as song lyrics may distract me. On my table at home, there is a clock in front of me to make sure that I do not waste too much time while taking a break from marking. Finally, I reward myself whenever I reach a checkpoint in my schedule, by playing VR games such as Brink or Beat Saber. It helps me to relax and provides a quick escape from all the marking.



HERE'S MY TABLE WITH THE CLOCK RIGHT IN FRONT. IT'S A FLIP CLOCK WHICH REMINDS ME OF THE TIME WHEN I AM MARKING OR RESTING.



PENS, PENS... AND MORE PENS!



MY VR SET PROVIDING A QUICK GETAWAY.



A GOOD NOISE-CANCELLING HEADSET HELPS ME TO LISTEN TO MY JAY CHOU TUNES AND STAY ON TRACK WITH MARKING!

SHINING THE SPOTLIGHT

More than 80% of S'pore teachers say Covid-19 pandemic has hurt their mental health: Survey



The work of some 68 teachers and 65 more classroom helpers for common stress factors identified by teachers who work a combined total of 100 hours a week.



Ang Ong

SINGAPORE - More than 80 per cent of teachers said their mental health has been negatively impacted by their work amid the Covid-19 pandemic in a nationwide survey.

They cited long hours as one reason, with 80.6 per cent indicating they worked more than 43 hours a week.

ADAPTED FROM [HTTPS://WWW.STRAITSTIMES.COM/SINGAPORE/PARENTING-EDUCATION/MORE-THAN-80-OF-TEACHERS-SAY-THE-PANDEMIC-HAS-HURT-THEIR-MENTAL-HEALTH](https://www.straitstimes.com/singapore/parenting-education/more-than-80-of-teachers-say-the-pandemic-has-hurt-their-mental-health)

MS DAENA CHNG

I have the world's shortest attention span, especially when it comes to marking. It obviously does me no favours when dealing with long essays! Here's how I survive:

1. I divide each stack of scripts into mini-stacks of 8, 10 or 12, depending on how short my attention span feels like it is going to be. I get a bathroom, water or stretch break for every mini-stack conquered although I fidget A LOT while marking. I aim to mark anything between 2 to 4 mini-stacks a day.
2. I am an EL teacher, so I listen to Mandopop because I barely understand any of the lyrics. Jay Chou's songs are exceptionally effective as my marking soundtrack thanks to his trademark style of mumbling the lyrics of the songs.
3. Positive reinforcement - I treat myself like a puppy going for obedience training. Anyway, once I hit my marking quota for the day, I get a reward. It could be a walk in the park, a short workout to loosen all the knots in my shoulders, one episode of whatever I'm currently watching on Netflix, or a nice meal out!



MY REWARD FOR COMPLETING SAZ MARKING THIS YEAR WAS MY FIRST EVER VISIT TO GARDENS BY THE BAY'S TULIPMANIA. A GOOD INCENTIVE INDEED!

Student Voices

IT'S THE HOLIDAYS! AS MOST OF US WILL BE HOMEBOUND, LET OUR THERESIANS SHARE WITH YOU SOME OF THEIR FAVOURITE MUST-READ BOOKS AND A MOVIE YOU CAN'T MISS. BUCKLE UP!



AVRIL CHEONG, 1C

RECOMMENDS: "RED QUEEN" TETRALOGY SERIES AND THE "A PLACE CALLED PERFECT" TRILOGY SERIES.



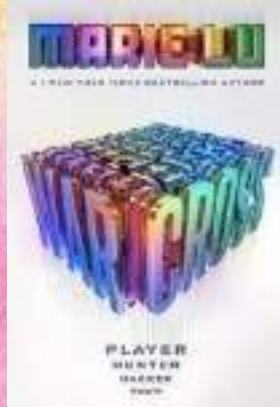
"A Place Called Perfect" is a fictional trilogy series which belongs to the genres of mystery and fantasy. The book is set in a 'perfect' town that has a creepy secret lying beneath its perfection. It is a quirky and an unforgettable book with many creative and interesting plot twists that will bring you on an adventure!

"Red Queen" is a fictional tetralogy series set in a dystopian world. This book has shades of romance, fantasy and science fiction. It is set in a futuristic fantasy world of rebellion and discrimination, and is about the fight between the silver and red bloods. It is full of plot twists and betrayals that will leave you shocked! The story is full of ups and downs and there are many developments to the storylines that are tear-jerking or simply out of this world.

LANA ADALIA, 3D

RECOMMENDS: SHANG-CHI AND THE LEGEND OF THE TEN RINGS

Even though it is the most recent Marvel movie, what got me so interested in it was the chemistry between the characters, specifically between Shang-chi and Katy, the two main characters. Katy is always there for Shang-chi although she cannot really fight, hence she is there for moral support. Unlike Katy, Shang-chi's *kung-fu* skills are smooth and sharp. They really catch your attention, unlike some routine fight scenes. He practically flies around with his firm kicks and punches to protect his family and friends. In my opinion, the bus fight scene was the best one I've seen in a Marvel movie. Not only is the movie full of action, there is also laughter. I bet I could rewatch Shang-Chi all day and not get sick of it.



IMAGES FROM GOOGLE

JEWEL KAN, 2J RECOMMENDS: THE WARCROSS SERIES

The fan art showcases the three main characters in the series. Book 1 is a vibrant action-packed which showcases Emika making new friends and developing a relationship with Hideo. the main character, Emika, teams up with the Phoenix riders to play in the warcross championships but is secretly a spy working for Hideo to trace the hacker who has been hacking into the system. Emika later on learns that he wants to take over the world using his creation, the neuro link to find his long lost brother. The book ends with a cliffhanger with Emika finding out about the horrendous things Hideo is planning to do. Book 2 was even more exciting than the first one, with action scenes and Emika finding out the truth of Zero through working with him. Caught in a web of betrayal, Emika takes down the man she loves - Hideo Tanaka. I was really satisfied with the book and was really hoping for a third book, but sadly the series ends here.



ASHWINI KRISHNAN, 3J

RECOMMENDS: LITTLE WOMEN



This is a heartwarming novel about four sisters working hard to make ends meet. All four sisters have differing personalities, yet are lovable in their own ways. This book is suitable for young women as it addresses topics such as teenage romance and sibling rivalry. It also covers hardships women like us go through in our daily lives. *Little Women* taught me how to have patience and feel empathy, as well as how to forgive. It touched me as I see myself in each of the four sisters and greatly relate to them and their problems. This classic has a nice charm to it that makes we want to re-read it. Therefore, I recommend this novel as I believe that many of my peers can get a slice of life through this book, even if it is set in a different time period. The issues are timeless.



THE ICONIC BUS FIGHT!



**WE HOPE YOU ENJOYED ISSUE 2 OF THE THERESIAN
TRIBUNE!**

**TELL US IF YOU ENJOYED THIS ISSUE BY CLICKING HERE:
[HTTPS://TINYURL.COM/TT21FEEDBACK](https://tinyurl.com/TT21FEEDBACK)**

**WE WELCOME ANY FEEDBACK OR IDEAS YOU HAVE FOR
FUTURE ISSUES TOO!**

**THANK YOU
&
GOD BLESS YOU!**

Enjoy your year-end break!

