

# CANOSSIAN SCHOOL REACH MONTHLY NEWSLETTER



*Center of excellence for the education of children with hearing loss* Sept 2021

## From the Principal's Desk

Dear Parents and Guardians,

We have come to the end of Term 3 and how quickly the year end is approaching. This serves as a timely reminder of how precious each day is and how important it is to reflect on how well balanced our educational programming is. Questions we ask ourselves include whether we are able to maintain that fine balance between expecting excellence in the academics from our students while ensuring that there is adequate emphasis on formation of the heart, which is the hallmark of Canossian education. Nurturing the mind as well as forming the character of the person are two sides of the same coin for us as educators.

As we search for answers to these questions, we are heartened when one of our students is bestowed an award at national level for the values that he embodies. Rex Chan from Primary Five was among the 194 recipients of this year's Lee Kuan Yew Student Exemplary Award. The award honours students who have risen above the odds to become exemplary role models to their peers through their progress and contributions in various areas, such as the academic, vocational, sports, and art domains. Rex is a conscientious student who has not missed a day of school over the last two years, he is a prefect and a key member of the school percussion band who has mastered a variety of percussion instruments. With his flair in music and his disciplined approach to practicing his pieces, he was selected to play at all external band performances. In 2018, in Primary 2, he was awarded the Youngest Participant Award for his contribution as a member of the band at the National Day parade. He was also selected as one of the emcee for the opening event at Sharity Day at Gardens by the Bay in the same year.

He has demonstrated that it is possible for students in our school to overcome odds and excel in different ways. We see every student as an unpolished diamond who is to be valued and, with the right opportunities through our partnership with Canossa Catholic School, he / she is allowed to reach their fullest potential. Each student is a gift from God and for God, we strive to do better with each passing term and year.

God Bless.

Christina Michael (Ms)  
Principal



## Traffic Management

### Morning Drop-off

Parents and caregivers who drive to school should have your child/ward be in school punctually by 7.00am for their temperature taking and hearing check. This will also allow you to leave the school compound more safely and easily.

### Afternoon Pick-up

Parents and caregivers who park in school to fetch your child/ward should alight from your vehicles to fetch them from the guard-post regardless of weather conditions to ensure their safety.

We appeal to all parents and caregivers who drive to be patient and observe road safety at all times as traffic has been building up along Sallim Road.

## The CARlympics

When everyone around the world were all geared up for the Olympics held in Japan in August, our CS P3 students were looking forward to their very own Olympics which they named - The CARlympics Race.

They created their own race cars using recycled materials during the June Holidays. The long-awaited day came – August 13<sup>th</sup>.

The cars took to their positions and “sped off”. The children competed earnestly as they cheered one another on. Prizes were given out to the owners of the race cars which “sped” the furthest and those with the most votes from the students and staff.

At the end of the day, the important message that they brought home was – “Even if you don’t win, you are still the best! Believe in yourself!”

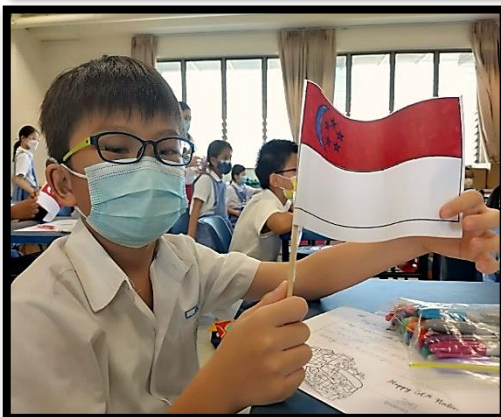


## National Day Celebration 2021

### Celebrating 56th Singapore birthday

The theme for NDP 2021 is “Together, Our Singapore Spirit”. ‘Together’ evokes our common Singapore identity and Singaporeans coming together as one united people.

We commemorated National Day through a “live” streaming of the National Day Observance Ceremony to the classrooms. The ceremony was followed by a series of interesting classroom activities.





## Canossian School Virtual Camp 2021 – On A Mission

On 28 August 2021, CS ran, for the first time ever, a Virtual Camp. Volunteers from iVolunteer, a volunteering group led by Red Cross (NUS1 Youth Chapter) and NUS Office of Student Affairs worked closely with our Virtual Camp Committee to plan and execute an amazing half day packed with activities such as lantern making and a virtual escape room.



*Treasure hunting for "something red".*

To enhance the camp mood, students, staff, and volunteers turned up for the zoom session in camp T-shirts and there was even a virtual campfire to kick off the whole event!

The students enjoyed themselves as they were able to interact with their schoolmates across levels for the first time in a while. They worked together to solve puzzles, developing their interpersonal skills. The activities also allowed them to think outside of the box.



We would like to thank all volunteers, staff and parents for making the event a smooth and successful one for our students.

## Important Dates

Event	Dates	Reporting Time
Teacher's Day Celebration	Thursday, 2 September	7.00am to 10.30am
Teacher's Day	Friday, 3 September	Scheduled School Holiday
September School Holidays	Saturday, 4 September to Sunday, 12 September	No School
All students to return to school	Monday, 13 September	7.00am to 1.30pm
Afternoon support class commence	Tuesday, 14 September	7.00am to 3.30pm
No afternoon support class	Thursday, 16 September	7.00am to 1.30pm
School opening hours will be from 7.30am to 3.30pm (Monday to Friday) during the school holidays.		
P1 – P5 students	Friday, 17 September	Home Based Learning (HBL)
<b><u>PSLE Dates for P6 Students</u></b>  <b><u>Subject:</u></b>		
PSLE Listening Comprehension for P6 students	Friday, 17 September	Details will be provided later
Declared Study Break (including weekends – 5 days)	Saturday, 25 September to Wednesday, 29 September	No school for P6 students
English Language Paper 1 and Paper 2	Thursday, 30 September	
Mathematics	Friday, 1 October	
Science	Tuesday, 5 October	

## Parenting Tips

### Stress in Our Children

Many parents have the misunderstanding that children have nothing to worry about or stress over. Contrary to that believe, we now know that children do experience stress and they express it very differently from adults.

As a child, they encounter many things that are new to them. Sometimes they are not able to let us know that the experience is uncomfortable. Not expressing, verbally or non- verbally, does not make the experience bearable, much less pleasant. To compound the frustration, most of the changes and experiences the child has, are not made by the child. This means that they have no control of their environment creating massive helplessness many of them are unable to articulate.

Some of the stresses can include:

Environmental:

1. Change of classes
2. Current covid restrictions, checking in/out, Trace Together Token (it is also a change)
3. Online learning platforms
4. People wearing masks, many are unable to read the other peoples facial expression or are unable to lip read
5. Even the weather that creates the inability to do things

Social

1. Friends leaving
2. New friends
3. Being bullied
4. Losing someone
5. Unable to play with friends due to social distancing

Physical

1. Having a physical illness
2. Wearing the mask throughout the day
3. Simply by being young

We need to be mindful to the stress indicators from our children. These can range from subtler expressions, like physical ailments to more overt vocalizations of distress.

Some behaviours to take note of:

- Tantrums, Moodiness or appearing to be Rebellious
- Unable to eat or Overeating
- Unable to sleep or Sleeping too much
- Sudden fears developing
- Bedwetting
- Night terrors
- Inability to concentrate

Sometimes children feel the stress in their body, these surface as aches and pains, like:

- Stomachaches
- Vomiting
- Headaches

- Eczema flare-ups
- Ulcers
- Sore throat
- Chest pains, just to name a few.

While the above can be daunting, parents can help our young ones to manage their stressors. This is an important role of parents as children learn from the adult's methods and problem-solving skills. Below are some areas that we can start with:

1. Identify the stressors or the emotions. Let them know what you have observed. Perhaps they are experiencing fear and are unable to articulate. Helping them to put a label to the emotions or stressors will lessen their confusion and know what to work on.
2. Give your child time. Adults are often pressured by the lack of time and want to know the story as soon as possible or to fix it. We need to understand that the children do not follow our timeline. There are times that the child is overwhelmed with emotions and are not able to function. We need to give them time to calm themselves and tell the story at their pace. Listen to them and not listen to our needs would be important at this stage.
3. Normalize the situation and emotion. Children are affected sometimes not by the problem but how they perceive the situation and/or their emotions. They misread that they are at fault or that they are bad. It is important for parents to correct this misconception to liberate the child to step away from the negativity and start being productive to deal with the situation.
4. Be Present and Patient. There are times that the children in the confusion may not be able to verbalize immediately and/or may not want to. During times like these, it is good to understand that they still require the acceptance of their parents. Give the child space and allow their emotions to settle down. And give them time to deal with it on their own. They may want to try to fix the situation and require parents' silent support. Parents should refrain from attempting to fix every situation for the child. This permits the child to learn independence and realize that he is able to stand up even if he falls.
5. Offer Alternative Options. When the child comes to after trying or expresses an inability, parents can draw out alternative steps. In this case, parents need to ensure that the child plays an active role in the process. This is vital so that the child is empowered to think of alternative options when faced with similar situations. This builds confidence and the knowledge that they are capable of managing what life dishes out to them and not that they are reliant on others. This is not only stress relieving but also an indication that their parents have heard their needs.

In conclusion, stress is essential and does not need to always be bad. However, there are times that the situation may be more than what parents and child can handle. Just like a cough and cold that have taken for the worse, stress can also go out of control. When that happens, a team approach is taken. Parents can approach teachers, counsellors, psychologists, and all of us working together makes stress a bit lighter. So, let's know stress and use stress wisely and not let stress make use of us!



*Dr Geraldine Tan, MSPS, Registered Psychologist (SPS/SRP), Registered Clinical Supervisor (SPS), holds a Masters in Applied Psychology from the Nanyang Technological University, Singapore and a Doctorate of Clinical Psychology from the Professional School of Psychology, California. She has more than two decades of experience working with individuals with a multitude of psychological problems. Geraldine founded The Therapy Room, Singapore in 2013 and has worked extensively with children one-one-one and in group settings.*  
(adapted from the website of The Therapy Room <http://www.thetherapyroom.com.sg/>)