



# REACH



**CANOSSIAN SCHOOL | NEWSLETTER – APRIL 2022**



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

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Nurturing each in her/his own way by forming hearts,  
enlightening minds and empowering spirits to live in  
The Way, The Truth and The Life

# From the Principal's Desk

Dear Parents / Guardians,

Welcome back to Term 2. I am sure that you are looking forward to further easing of Safe Measure Management in learning to live with the COVID-19 situation. Based on the national posture of measures, we will widen the range of programmes that your child will be involved in so that we can continue to provide our Canossian brand of education that is anchored in the formation of the heart for developing one's character, which is a key tenet according to our Foundress, St Magdalene of Canossa.



One may ask why the emphasis on character formation at our schools? Developing the academics stops at head knowledge, which are the hard skills of education. Application of the knowledge and skills learned in the academics, coupled with soft skills builds the WHOLE person. Some of our recent initiatives within our character development programme include Catholic activities for Lent (ask your child about the Lenten box), daily living skills and leadership programmes.

Learning about daily living skills help children master important tasks for daily living is essential to one's wellbeing and will lead to more independence, social opportunities and self-care. While it may take some time to learn certain skills, completing challenging tasks can raise confidence in your abilities. Growing leadership potential allows children to have control of their lives and the ability to make things happen. Leadership instills confidence, and helps children solve problems creatively, work in a team, and work collaboratively with others. Leadership gives children opportunities to develop responsibility.

Developing their social-emotional competencies lead to motivated and committed learners capable of self-direction. A growth mindset with critical thinkers and creative problem-solvers makes them learners who understand and apply knowledge, demonstrate intellectual integrity who can solve challenging problems. Deepening their social skills enhance their own self-awareness and self-management; makes them responsible in their decision-making, creates social awareness with better relationship skills. Students who develop social-emotional competencies are prepared to work with others in the academic and personal arenas so that they become engaged citizens and leaders who serve their school, family, workplaces and community. These are the learners we strive to develop at the school, in partnership with their families.

God Bless!

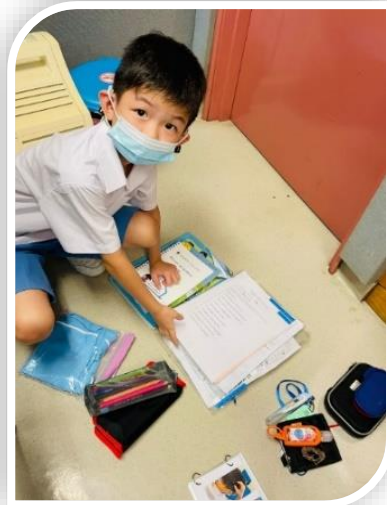
**Christina Michael (Ms)**  
**Principal**

## ► Lifeskills@CS Programme

The school conducted lifeskills lessons for the Pri 1 and Pri 2 students. They were taught how to take care of their hearing devices, make their own sandwiches and how to pack their school bags.



Nathania Lim spreading her favourite Nutella



Joel Cai packing his school bag



Students learning the skill of throwing and catching



Pri 2 students learning how to brush their teeth the correct way

## ► Interest Week: Discovering the Unique Me! (Pri 3 to Pri 5)

Pri 3 to Pri 5 students participated in the “Interest Week” organised by CCPS. The main objectives of the programme hope to encourage the students to explore their interest and equipped themselves with new skills. Baking, Drama, In-line skating, and Urban Farming were some of the activities offered.



Callyn Chang from Pri 4 enjoying the cake she baked



Choon Yong Kang from Pri 5 playing the Cajon



Nur Adriana from Pri 3 learning a dance



Joel Lin and Ng Jian Xuan from Pri 4 learning roller blading



## ► Prefects' Investiture 2022

The Prefects' Investiture is a ceremony that formally officiates and congratulates the appointments of our prefects. The school held our Prefects' Investiture on 3 March this year to commemorate the appointment of our prefects who as Canossian role models, lead and inspire their schoolmates to live out the school values and attributes. The school is proud to announce that this year, the Vice-Prefect appointment is given to our Pri 6 student, Rex Chan. During this ceremony, the prefects took the Prefects' Pledge to remind them of their duty to the school. Congratulations to our prefects!



Rex Chan, Siti Mardhiyyah, Daniel Sundaram, Ishaan Hitesh Doshi and Audrey Zeng are the CS prefects for 2022



Rex Chan from Pri 6, Vice Head Prefect for 2022



Prefects for 2022

## ► Student Leaders

Following up from our previous introduction of student leaders, there are two more additional leadership roles – the ‘Green Ambassador’ and the ‘Young Ambassador’. The Green Ambassadors were chosen because they had shown a keen sense in caring for the environment, and as such will take on a role in advocating for sustainable living initiatives in school. The Young Ambassador was chosen to be a representative of the school and will be involved in school events promoting citizenship values. There was a short ceremony before morning assembly on the 4 March, to induct all our student leaders. They stood in their respective CCPS classrooms to recite their pledge, and were given a badge as an acknowledgement.

CCA Leaders	Peer Support Leaders (PSL)
<b>Band</b> Pri 6 – Noor Shyrish, Lucas Yap <b>Choir</b> Pri 5 – Avery Ng, Choon Yong Kang <b>Eco Art</b> Pri 6 – Nur Iffah Pri 5 – Sherfyna Puteri	Pri 6 – Ahna Yusri Pri 5 – Avery Ng Pri 4 – Kong Chun Fei Pri 3 – Nur Adriana Pri 2 – Kaleb Eng
Green Ambassador	Young Ambassador
Pri 4 – Tristan Gan Pri 5 – Sherfyna Puteri	Pri 3 – Rhys Fu



Tristan Gan - Green Ambassador



Ahna Yusri - Peer Support Leader



Rhys Fu - Young Ambassador

## ► Student Leadership Day Camp



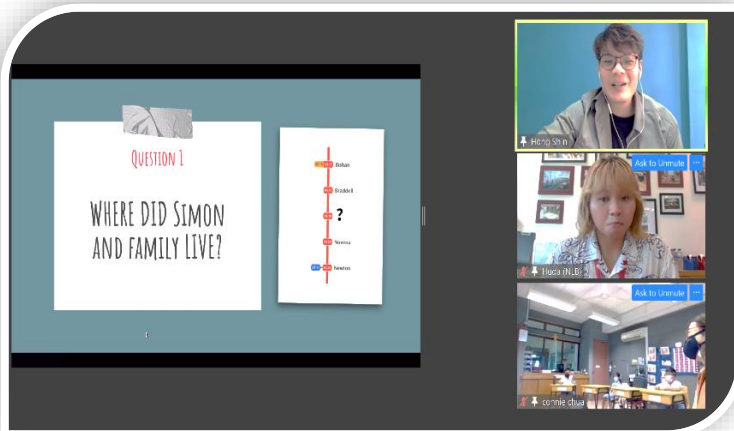
Student Leaders 2022

As part of our school's efforts in developing the leadership potential of our students, we had our Leadership Day Camp for our Prefects, CCA and Green Leaders and Young Ambassador on 15 March 2022 along with our CCPS peers.

Through this day camp, pupils were taught foundational values and attitudes that are essential for good leadership. Students were also involved in various activities where they picked up intermediate leadership skills.

## ► Storytelling with Molly

Molly (NLB) invited the students to attend a storytelling cum Meet-the-Author session in February. The students not only enjoyed the storytelling session by the author but also participated enthusiastically in the quiz segment.



The student "meeting" the author of the story, Hong Shin



The Pri 3 and Pri 4 students are listening to the the story "The Marvellous Sugee Cake"

## ► Canossian Village Celebrates World Hearing Day 2022

Theme for 2022: *To hear  
for life, listen with care!*

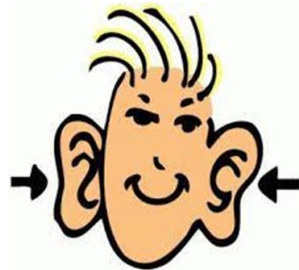


### Key Messages:

1. It is possible to have **good hearing for life** through ear and **hearing care**
2. **'Safe listening'** can **prevent hearing loss** associated with exposure to loud sounds.



- World Hearing Day is an annual campaign organized by the World Health Organization's (WHO) Office for the Prevention of Blindness and Deafness.
- It falls on 3 Mar and the first event was held in 2007.
- This date was selected because the shape of the numbers 3.3, looks like the two ears.

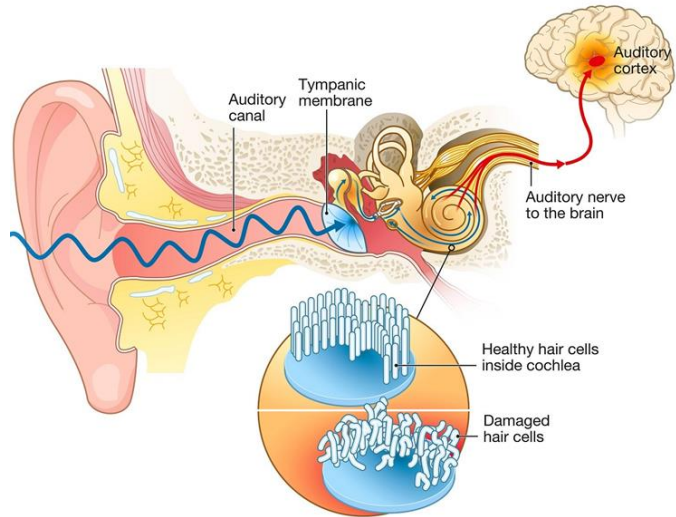


- Each year, the WHO selects a theme that promotes different messages about hearing health.



## Safe Listening:

- 1 in 2 young people are at risk of hearing loss due to unsafe listening.
- Listening to loud sounds for long hours' damages hair cells in your ears.
- This can lead to noise-induced hearing loss or ringing in the ear (tinnitus)
- Noise-induced hearing loss is permanent.
- You can be at risk if you:
  - 1) listen to headphones/ear phones regularly
  - 2) work in a noisy place e.g. construction sites, aircrafts, racing tracks, fitness class
  - 3) visit noisy places regularly e.g. concerts, game arcades
- Sound is measured in decibels.
- Sounds at or above 85 dBA (\*A-weighted decibels) can cause hearing loss.
- The louder the sound, the faster it can damage hearing.
- How loud is too loud?



At or below 70 dBA, sounds are generally considered safe.

**60-70 dBA**  
Normal conversation

**30 dBA**  
Whisper

**80-110 dBA**  
Motorcycle

**80-100 dBA**  
Lawnmower or tractor

**74-104 dBA**  
Movie theater

**140-160 dBA**  
Fireworks show

**140 dBA**  
Jet taking off

**110-129 dBA**  
Ambulance sirens

**94-110 dBA**  
Headphones, sporting events, and concerts

## How can you protect your hearing?

- Listen to personal audio devices not louder than 60% of maximum volume.
- Use noise-cancelling head/earphones if possible.
- The closer you are to the sound source (eg. speakers), the louder it will be. Move away from loud noise reduce the risk of damage to your hearing.
- Limit time spent engaged in noisy activities.
- Take short listening breaks away from loud sounds.
- Limit the daily use of personal audio devices. Wear earplugs in noisy venues.
- Monitor listening environment (sound exposure) by using apps on smart phones or sound level meters.

## Tips for safe listening



**1 out of 2 young people are at risk of hearing loss due to unsafe listening**

### Listening to loud music is unsafe

Regularly listening to music or other audio content at high volume through personal audio devices and being exposed to loud sounds in nightclubs, discotheques, bars or sporting arenas harm one's hearing.



### Noise-induced hearing loss is permanent

Over time listening to loud sounds for prolonged duration can lead to hearing loss, which cannot be treated by medicines or surgery.



### Noise-induced hearing loss can be prevented

*The louder you listen*, the shorter the time available for listening safely. By turning the volume down, you can listen for longer periods without harming your hearing. For example, if you stay below a sound level of **80 dB**, you can listen safely for up to **40 hours per week**.



### Adopt these simple safe listening behaviors:

*you will reduce your risk of hearing loss while enjoying your favorite activities!*

#### 1. Keep the volume down

Listen to personal audio devices at a volume level below 60% of maximum.

Use carefully fitted, and, if possible, noise cancelling headphones.



#### 2. Protect your ears from loud sounds

Wear earplugs in noisy venues.

Move away from sources of sound, such as loudspeakers.



#### 3. Limit time spent engaged in noisy activities

Take short listening breaks away from loud sounds.

Limit the daily use of personal audio devices.



#### 4. Monitor listening levels

Use smartphone apps to monitor your sound exposure.

Choose devices with built-in safe listening features.

