



CANOSSIAN SCHOOL | NEWSLETTER – SEPTEMBER 2022



Center of excellence for the education of children with hearing loss

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Nurturing each in their 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

As we enter the last quarter of this year, children may experience some levels of anxiety as they prepare for examinations. Going through examinations can, but need not, be stressful for families.

Our Primary 6 students will be taking their PSLE exams by end September. Parents play an important role in helping them manage stress. How you manage your own anxiety and the home environment are instrumental in building resilience in children. You could play your part by being a P.S.L.E. parent. Curious to know what this means? A P.S.L.E. parent is present, supporting, loving and empowering parent.



Be physically and emotionally present for your child, be willing to communicate openly with them and allow them to express their feelings and concerns. Listen deeply without imposing judgement on what they say. Allowing them to do so is in itself a stress reliever. Support and supervise them without suffocating them. Look out for signs of distress or changes in temperament. Other signs to watch out for are fatigue or lethargy, aches and pains (headaches and stomach aches), irregular sleep patterns or changes in appetite. If you do suspect your child undergoing heightened anxiety, have a word with our teachers. We could work together to understand and manage their emotions.

During this period, pay attention to their needs (not our desires). Celebrate their progress rather than criticise their shortcomings. Remember that extra hours spent on assessment papers or extra classes could sometimes result in burnout. At times, less can be more. Therefore an important rhythm needs to be established. Parents can help by knowing our children and managing our own expectations. As preparations gather intensity, aim for a good balance between stretching the mind with stretching the body. Make sure you and your child get sufficient down time and squeeze in some physical exercise and time outdoors. Playing games together is a meaningful way to bond with your child.

Be a role model with a positive mindset and share your own experiences with challenges that you have faced in life. Building resilience is not about putting on a tough front. It is about the ability to bounce back from setbacks and this is a valuable lesson your child can learn from you. The tips here apply to all our students preparing for examinations at any grade, not just for the PSLE. Examinations are an integral part of our schooling life. At the end of the day, let your children know that examinations are not the end all and be all of life.

To end off, our students would not be experiencing the successes they are if not for the dedication, perseverance and love of all the Sisters and staff at the school. For this, we thank all of them as they celebrate Teachers' Day and take time to relax and recharge over the September holidays. Those who are travelling, do remember to submit your travel declarations and stay safe on your travels. To one and all, I wish you all a restful and wonderful time with family and friends during the holidays.

God bless!

Christina Michael (Ms)

Principal

National Day Celebration 2022

The school hall was filled with a very cheery and exciting atmosphere on the eve of National Day as students and teachers from Canossa Catholic Primary (CCPS), Canossian School (CS) and Canossa Preschool (CPS) gathered as one to celebrate **Singapore's 57th birthday**. Flags were raised high and voices sang out loud as they celebrated with songs and activities.



Participating in the National Day activities



Waving the Singapore flag high with pride and joy

Canossa Catholic Primary presents LAUDATE, an art exhibition in praise of God's Blessings with art works also from Canossian School, St Anthony's Canossian Primary and Secondary Schools, inter-religious communities and the alumni



Door of Hope (CCPS-Pri 6)



We Love Our Saints depicting (clockwise from top left) Saints Francis of Assisi, Magdalene of Canossa, Josephine Bakhita and Anthony of Padua (CCPS – Pri 2s)



Leaders from different faiths with our students from CCPS and CS



"Make Jesus known and loved" - An artwork created by our alumna, Nicole Teo (13 years old)

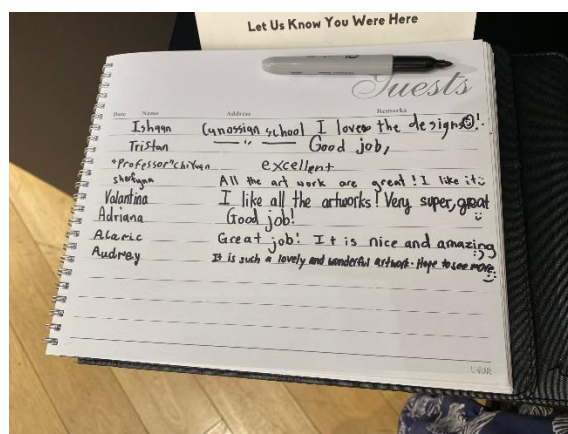
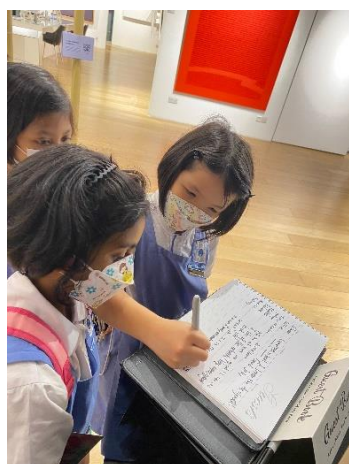
Learning journey to “Our Gift to Singapore” NDP Art Exhibition

It was really a good learning and inspiring experience for the 10 students who visited "Our Gift to Singapore" Art Exhibition organized by Opera Gallery, Thirdspace Global Pte Ltd, in conjunction with Singapore's National Day celebrations and SG Enable's i'mable public education initiative.

The students were awed by the 63 artworks created for NDP 2020 to 2022. Spanning different themes across 3 years, the artworks demonstrated the love and hopes that the artists with disabilities have for Singapore. They even brought along iPads to capture artworks that inspire them to form photo collages. Through the artworks, they could relate to the common experiences and things we hold dear as Singaporeans.



A proud moment as CS teachers and students posed for a photo with Katelyn's (CS P1) artwork, "Roar with Courage", which was among the selected pieces.



Students pen words of encouragement for the artists.

The SingTel Art Exhibition which showcases the talent and abilities of students from special education (SPED) schools. The exhibition also marks the 20th anniversary of the SingTel Touching Lives Fund. The fund supports SPED schools in running programmes to equip students with skills to lead independent and meaning lives.



Halimah Yacob

A group photo with the Singtel Senior Management as well as some of the talented artists this morning.

MCI Photo by Lim Sin Thai



Rex Chan (Pri 6 Joy) had his first art piece, an acrylic painting spotlighted at the exhibition. He explained that he was inspired by the phoenix Fawkes in the Harry Potter films, which could be reborn after bursting into flames. The deputy head prefect at Canossian School said: "I drew it to remind myself that I should always stand strong and face all the difficult obstacles, and find solutions to tackle them.

<https://www.straitstimes.com/singapore/invincible-phoenix-among-artworks-by-special-school-students-at-national-gallery>



Title of artwork: The Invincible Phoenix by Rex Chan

Learning Journey to "Expressions through Art" organised by SingTel

Our P1 to P5 students had an authentic learning journey experience at the National Gallery. They visited an art exhibition, Expressions through Art organized by SingTel to make their 20th anniversary of the SingTel Touching Lives Fund (STLF), the company's flagship philanthropy programme. The exhibition showcased artworks created by 7 of our students and other students in all SPED schools.

Our students experienced how student artists share different stories through their artwork(s) and that art interpretation is open to different perspectives. They had a fun and engaging learning experience through inter-group activities.



One of the group leaders, Daniel is showing his group members information about the exhibited artwork on the iPad



The groups were getting ready for their inter-group challenge



The Learning Journey ended with a group photo at the National Gallery

Singapore Youth Festival (SYF) 2022

The Singapore Youth Festival (SYF) is an event organised by the Ministry of Education to celebrate the vitality of our youth and their diverse arts talents. Canossian School Percussion Band took part in this year's Singapore Youth Festival (SYF) 2022, held at Republic Polytechnic. The band played 'On Thin Air' by John Willmarth. Composed during the COVID-19 period of quarantine, it aims to depict a sense of freedom, hopefulness and wonder during the challenging times.

In line with SYF objectives, Canossian School Percussion Band aims to engage its members in platforms where they can develop their character, 21st century competencies and social emotional learning through the arts. They will learn to be confident performers and excellent audiences, appreciating the efforts of each performer in the band or other performing groups



Our Band Performers posing for a shot



Our Band instructors, Mr Richard and Mr Samuel with their performers



Families came to support and cheer for them

Important Dates

Dates	Events
Thursday, 1 Sept – All students will be dismissed at 10.30am	Teacher's Day Celebration
Friday, 2 Sept – Scheduled school holiday	Teacher's Day
*Saturday, 3 Sept to Sunday, 11 Sept	September School Holidays
Mon, 12 September (7.00am to 1.30pm)	All students to return to school
Mon, 12 Sept at 6.30pm via zoom Tues, 4 Oct at 6.30pm via zoom Mon, 10 Oct at 6.30pm via zoom	Principal's Dialogue session with Pri 6 Parents Principal's Dialogue session with Pri 5 Parents Principal's Dialogue session with Pri 4 Parents
Tues, 13 Sept	Afternoon Support Classes commence
Friday, 16 Sept	PSLE Listening Comprehension for Pri 6s Students from Pri 1 to Pri 5 will be on Home-based Learning (HBL)
PSLE Dates for P6 Students Thurs, 29 Sept Fri, 30 Sept Tues, 4 Oct	English Language Paper 1 and Paper 2 Mathematics Science

*School opening hours will be from 7.30am to 3.30pm (Monday to Friday) during the school holidays.

National Library Board is conducting more accessible programmes for children with special needs. There are **limited seats** and availabilities will be based on a **first come first serve basis**, so you are **highly encouraged to register** as soon as possible.



Accessible Programmes



Sensory Story Time
Sun 3 Sep

Join us for a special storytime tailored to engage the different senses! This programme is designed to support children with special needs from ages 3 to 6.

Time: 1:30PM to 2:00PM
Venue: Woodlands Regional Library, Programme Zone



Easy Coffee Art
Fri 9 Sep

Join our Easy Coffee Art workshop and have an aromatic day doing coffee painting. This inclusive parent-child programme is suitable for children aged 7 to 12 years old, and also caters for children with special needs.

Time: 4:00PM to 5:00PM
Venue: Jurong Regional Library, Programme Zone

To register, please email to accessible@nlb.gov.sg with the information below. A social story will be sent to participants who have emailed us.

- a) Programme title and date
- b) Name and age of child & accompanying caregiver
- c) Type of disability and additional needs required, if any

The **September school holidays** are just around the corner! Check out the holiday programmes happening at Enabling Village which will allow your children to have a fun and productive time.



September School Holiday Programmes

Design and Code a Mario Platformer Game with The Lab!

Coding is an in-demand skill in the digital age, and kids need to understand and work with the technology around them. Having children learn coding at a young age prepares them for the future. Coding helps children with communication, creativity, math, writing and confidence.

In this 2-day workshop, participants will design and code a simple Mario-themed platformer game. Participants will learn about game design and theories of a platformer game, and get to unleash their creativity when they create their own sounds, Super Mario characters, platforms and backgrounds. At the end of the workshop, participants can continue to enjoy the fruits of their labour and access their self-designed game with family and friends.

It will be a fun-filled activity for both parent and child to explore the world of Technology! This workshop is conducted by an instructor with prior experience working with children with special needs, graduated with a degree in Psychology.

Please contact Ms Adelene Fong at adelene.fong@thelab.sg, should you have any queries regarding the workshop.

Details

Venue: Enabling Village, Academy Block Training Classroom 3

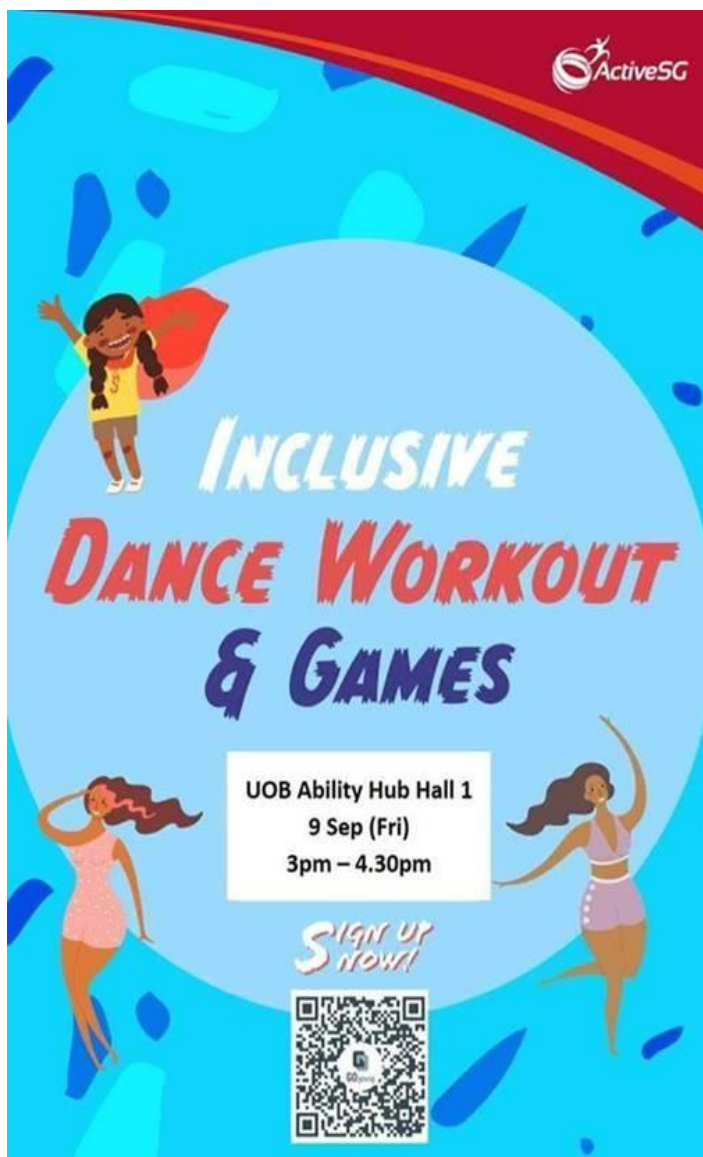
Sign up here: <https://zfrmz.com/6aJcY1CsknSxIUes8DtX>

Date & Time: 8 – 9 September 2022 | 10:30am – 12:30pm

Price: General public: S\$60 / child-adult pair

Subsidised rate for children with special needs: S\$20 / child-adult pair

Note: Suitable for 7-18 years old with the accompaniment of a caregiver. Each ticket admits per child/adult pair.



Inclusive Dance Workout & Games by ActiveSG

Come and have great fun & stay active during this school holiday with a dance workout and traditional carnival games organised by ActiveSG!

Each segment of the programme will take place over 45 mins, where participants will be rotated. Both parent and child are welcome to join in for a good time of bonding.

Details

Venue: Enabling Village, UOB Ability Hub Hall 1

Sign up for FREE via the link below:

<https://members.myactivesg.com/programmes/view/program/43510/venue/851>

Date & Time: 9 September 2022 |
3pm – 4:30pm

Note: Suitable for 6-18 years old with the accompaniment of a caregiver.