



A PUBLICATION OF ST ANDREW'S JUNIOR COLLEGE

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# OPEN HOUSE

By Tan Yuah Poh (18A04)

**S**AJC's Open House 2019, like the years preceding it, was a widely anticipated event. Held on 14 January, the event saw our school opening its doors to the public to give them a glimpse of life in our college.

As soon as the day's festivities commenced, SAJC became a hive of activity. The school's entrance was lined with friendly student councillors and other student volunteers who gave visitors a warm welcome to the college. Tour guides took visitors around the premises, showcasing the range of facilities and sharing with them the college's history and proud achievements over the years.

Many parents and prospective students flocked to the Principal's Talk, to hear Mr Mark Lo's vision and plans for the college. They also made their way to the hall, where subject talks were being conducted. Teachers from various departments were seen actively engaging prospective students and answering their queries to enable them to make well-informed decisions on their academic pathways.

The highlights of Open House were the performances by our very own CCA groups which showcased the varied talents of our Saints. The school's Concert Band delivered one stellar performance after another, while the Choir captivated the audience with their melodious tunes. The sleek and energetic performance by the Dance Society was also another draw that saw visitors erupting in appreciative applause. These performances, along with the achievements of our various clubs and societies exhibited at the CCA booths reflected the spirit of excellence and dedication Saints have in their areas of passion.

Indeed, Open House 2019 was a huge success as Saints were able to display our vibrant college culture and extend our warmth and hospitality to our visitors. It was heartening to see the entire college coming together to show visitors why we indeed chose to make SAJC home.





# Friendship

By Le Quoc Huy (18S21)

Friendship Week this year was held from 11 to 15 February, a highly anticipated event that saw people in school using the occasion to celebrate ties of friendship, especially newly forged ones from the recent JC1 Orientation.

An event organised by the 9th Saints Advocate, this year's Friendship Week saw Disney's beloved characters Lilo and Stitch serving as the event's central mascots. A Hawaiian-themed photo corner was set up at the college's fitness corner where many Saints flocked to, to capture snapshots with friends. Many Saints took the opportunity to purchase flowers and little tokens of appreciation for their friends, and a few brave souls even seized the occasion of Valentine's Day to declare affection for the special persons in their lives. The atmosphere of the school was cheerful and light-hearted, and the camaraderie between college-mates more apparent than ever.

Amidst the excitement of various ongoing activities, the Saints Advocate also opportunely used the platform of Friendship Week for a meaningful cause – sharing with students the importance of mental health, and how to identify mental health issues amongst one's peers. The Advocates set up an information booth where students could learn about mental wellness in order to dispel any misconceptions or stigma they may have had towards mental health conditions. Many students took time to peruse the information displayed at the counter, armed with healthy curiosity and the desire to learn more about mental health in order to help themselves and their friends.

Throughout Friendship Week, morning devotions and announcements focused on the importance and bilateral nature of friendship and students were even given tips on how to make friends, ties that last for life. All in all, Friendship Week was a background event in the sense that the activities involved were not as important as the idea behind it: the significance of friendship and friends, who make lasting companions in our lives.







# 'A' Level

By Anastasia Cham (18S24),  
Palani Selvan Priyanka (18S10), Miguel Ng (18A01)  
and Solares Ethan Alfred (18A06)

## RESULTS RELEASE



**6** 55 students took the GCE 'A' Level examinations in 2018, and many of these J3s returned to school on 22 February 2019 to collect their results, marking an official and momentous end to their 'A' Level journey.

As the J3s streamed into the hall, the tense atmosphere was keenly palpable. Yet amidst this anxiousness, lively conversations also filled the air as students caught up with old friends and former teachers, greeting each other with reassuring hugs and words of validation.

The chattering soon faded into silence as our Principal, Mr Mark Lo, addressed the crowd on the performance of the graduating class of 2018. The audience erupted into applause as the top performing Science and Arts classes were announced. The seniors had done the school proud -- 96.3% of them achieved at least 3H2 passes including General Paper, surpassing the national average of 93.3%. Moreover, 14 Saints managed to achieve stellar results, attaining the perfect score of 90 rank points.

Upon receiving their individual results, mixed reactions were observed. Many students were clearly exuberant upon witnessing how their hard work eventually bore fruit. Some others wore expressions of disappointment as they did not meet their own expectations. Regardless, many still came forward to express their gratitude to their teachers for their guidance and support in their academic journey.





Odele Tan (17A02), who was the President of the college's 40th Student Council, scored an admirable 87.5 rank points in spite of spending much of her time helming the student leadership co-curricular activity (CCA). She acknowledged the common struggle amongst JC students with time management but advised her juniors "to find the willpower to buckle down" and give their best in assignments while striking a balance between work and play.

The importance of consistency and motivation was echoed by Yap Zewei (17S10) and Wellington Wu (17S16) who both attained 90 rank points. Wellington's advice to his juniors were: "Once you set your mind to it, you must persevere even if there are occasions where you feel burn out or under-perform in internal examinations. Never allow your setbacks to dictate your potential results!"

On the lessons she wished to impart to this year's graduating class, Odele said that Saints should remember to anchor themselves in a supportive community as junior college life is "much more than one's grades." She also expressed gratitude to her teachers and friends who were a constant source of encouragement and inspiration.

We wish the J3s success in all their future endeavours, and may the class of 2019 continue to persevere in attaining outstanding results, so as to "keep the flame burning brightly ever," in the well-loved words of our college song.

**Up and On!**



**NO ONE IS HERE BY CHANCE**



# CCA

## Sign-up Day



By Jerrell Yeoh (18S08) and Kimberley Yeo (18S15)

One of the milestones of the JC1 journey, the highly anticipated Co-Curricular Activity (CCA) Sign-up day was held on 13 February. It marked the beginning of a new chapter for J1s, as they embarked on a new journey of personal growth and development, be it in the form of sports, performing arts or serving others via clubs and societies.

As the stroke of 3 pm, a flurry of activity began as the juniors swarmed the hallways of the school, buzzing like bees as they moved eagerly from one booth to another. The deafening sound of chattering was a stark contrast to moments earlier, when the seniors were quietly focused on getting their respective booths ready on time.

And behold, there was certainly excitement around every corner! Many gung-ho seniors were afoot, carrying signs while calling out for new members to join their CCA, while others opted to stay close to the booth and pasted stickers onto curious passersby. As J2s eagerly 'marketed' their CCA activities to unsuspecting J1s, the juniors reciprocated their eagerness with various question and concerns.

The group of J1s waiting to sign up for a CCA of their choice was incredibly diverse. Some had already fixed their sights on a single CCA, and single-mindedly gave their names to their seniors. There were also students who wandered from one booth to another, contemplating carefully before they made up their minds. And there was also a small crop of ambitious juniors who took on multiple CCAs fearlessly, despite having heard of the rigours of JC life.

The college's Concert Band held a small performance in the middle of the canteen, causing a crowd to gather. The air was filled with the sounds of blaring trumpets and heavy percussion, creating an upbeat and festive ambience that was fitting for the occasion.

As the afternoon wore on, the CCA name-lists grew and the chatter slowly subsided as students headed back home. The seniors packed up dutifully, hardly able to conceal their excitement of meeting the fresh batch of JC1s who would succeed them.

No matter which CCA you chose, we hope that you will have a fulfilling time at SAJC!





# LOCAL HOSTING PROGRAMME TAKES OFF IN

## SA HALL

ST ANDREW'S HALL'S LOCAL HOSTING PROGRAMME GOT OFF TO A GREAT START AS WE HAD THE PRIVILEGE TO COLLABORATE WITH THE JOINT CHAPLAINCY TEAM THIS YEAR. IT WAS A BLESSED TIME OF OPENING UP OUR HOMES, HEARTS AND LIVES TO A GROUP OF NEWLY MINTED SECONDARY 3 STUDENTS WHO HAD ENROLLED IN THE ST ANDREWS' HALL FOR 2019. WE ARE THANKFUL THAT WE HAD THE OPPORTUNITY TO SERVE THE COMMUNITY AND THROUGH THEIR WORDS OF APPRECIATION, WE KNOW THAT THEIR LIVES HAVE BEEN TOUCHED IN MORE WAYS THAN ONE.



“

*We had a great time of fellowship with the lovely host family. Initially we were apprehensive and struggled with the idea of living with a group of complete strangers. However, as soon as we entered the home, we felt a great sense of warmth and genuine thoughtfulness. The experience has been really heart-warming so far and we look forward to creating more memories together.*

**Zou Lubing, China**



“

*Stacy and I have been greatly touched by the hospitality of our amazing host parents. Besides being very attentive, they were also very kind and relatable. They care for us and our friends and have been very thoughtful and supportive during our stay so far. We want to specially thank Wee Lee and Chi Shyan, our experience have been made so lovely by you both!*

**My, Vietnam**



“

*What set this hosting programme apart was the fact that I found a home away from home at SA hall. Besides the warmth and thoughtfulness experienced by my lovely hosts, I didn't feel alone but count myself fortunate to have this precious opportunity to meet a very good family who opened up their doors and lives to me.*

**Chen Le, China**







# SPORTS AND FITNESS 2.0

## SAINTS SPORTS CLUB

The year 2017 was an important year for The Sports and Fitness Club (SSC) as we took on a new name and reinvented our club.

The Sports and Fitness Club previously focused mainly on exposing our members to new varieties of sports and games, appealing to students who love to keep fit and have fun at the same time.

Now, the newly minted Saints Sports Club (SSC) aims to inculcate sporting excellence in members by training members for external sporting events throughout the year. One of the key events that the CCA participated in recently was the NTU Surf N Sweat 2019, held on 17 February. We formed

teams of six to compete against other teams in a host of beach games such as Captain's Ball. Apart from beach games, we also took part in the Beach Fiesta and other sporting activities. We thoroughly enjoyed ourselves and grew closer as a CCA.

Another aim of the SSC is to inculcate leadership skills amongst our members by partnering with the college's PE Department to co-organise the college's sporting events such as the Sports Carnival and Cross Country.

As part of Care to Run 2019, which was held in conjunction with the college's Cross Country, we raised awareness about Autism Spectrum Disorder (ASD) and funds for the St Andrew's Autism

Centre's (SAAC) Day Activity Centre. To help us understand more about ASD, we got a first-hand experience interacting with people with ASD at the SAAC Family Day. It was an eye-opening experience for many of us, one that enabled us to better raise awareness about ASD to the College community. Through a series of activities leading up to the run, we garnered donations amounting to \$4728 for SAAC.

Indeed, the Sports Carnival and Cross Country were a rousing success and a great encouragement to the SSC as we learnt to work closely as a team for a good cause.







# The Environment Club

In 2018, The Environment Club participated in various activities and competitions to increase our exposure in environmental stewardship and our understanding of the world around us.

The highlight of our activities was the launch of the SAINTerella Project where umbrella stands were placed conspicuously within the College campus and the Potong Pasir community. This project aimed to bring about greater convenience and ease to Saints as well as the Potong Pasir community on rainy days. A thoughtful gesture such as this can bring about much warmth to the community. Through this project, we hope to strengthen relationships amongst Saints as well as foster a culture of kindness in our community.

The EC also had the privilege of participating in the Land Transport Authority (LTA) Transport Ambassador Programme Competition, where we competed against other educational institutions to propose a feasible transport safety measure which could be implemented in Singapore. This exciting project enabled us to participate

in several community outreach projects such as the World Water Day, where we had a hand in educating the public on the importance of conserving water. The message of sustainable living was a key point that we wanted to drive across to our community, and we also had a chance to take part in the National Youth Envirolympics Challenge where we learnt about the importance of energy conservation and the many forms of alternative energy.

As we continue to strive to promote a sustainable Singapore, we were also privileged to be involved in inspirational projects such as the 'BioBlitz for School' as well as various recycling projects within our college. These initiatives taught us to better appreciate the rich flora and fauna in our surroundings and to reduce waste disposal rates.

Through our efforts, we hope to instill a strong sense of responsibility towards the environment in our sphere of influence and to encourage positive consumption patterns. This will hopefully make a difference in creating a minimal-waste and environmentally sustainable society.







by Poon Wai Yee 18A05

# Canoeing

## Gold Coast Training Trip

From the 4<sup>th</sup> to 10<sup>th</sup> December 2018, 26 members of the Saints Canoeing team travelled to Gold Coast, Australia, to train in a cooler and drier climate, and in an environment we were completely unfamiliar with.

The objectives of the training trip were to learn from experienced coaches on how to improve our paddling competencies, as well as to understand Australia's culture and way of life.

On the night of our arrival, it had begun to rain heavily and the temperature was unexpectedly cold for that time of the year. The temperature hovered around 18 degrees celsius and while the cool weather was appreciated in contrast to the humidity of Singapore, many of us were not prepared for it. For most of the trip, the biting winds posed as a real physical challenge for us but we grew stronger and learnt to adapt to the weather as well as the strenuous training routines.

The highlight of our trip was the training that took place at Lake Orr with reputable coaches such as Ian Frost and Andrea King. They helped us to improve our paddling techniques and taught us how to train more efficiently through the different programmes and warm-up techniques. They also helped us develop important strategies for our upcoming marathons. Some of these strategies include pacing and wash-riding to help us conserve energy so as to last the grueling distance.

Apart from the memorable training routines, we also visited beautiful places such as the Captain Cook Memorial and Rainbow Beach. As a team, we grew tremendously as we learnt to take care of each other and work together.

As a whole, the training trip was an enriching experience and we hope to apply the many useful lessons and skills we have learnt and do the school proud in our upcoming competitions.







# Singapore Canoe Marathon

Written by Poon Wai Yee 18A05



For the 12<sup>th</sup> consecutive year, the Saints Canoeing Team has had the privilege of participating in the annual Singapore Canoe Marathon.

On 20th January, 30 of our JC2 canoeists took part in the competition and had to compete in 18 km and 24km races for the girls and boys respectively. This was equivalent to 3 times the perimeter of the Marina Reservoir. In addition to paddling, canoeists also had to pick up their boats and run on the marathon on land.

One of the greatest challenges for us was the scorching sun which left many of us sunburnt. The harsh wind and water conditions were also another challenge but such physical elements pushed us to work harder, helping us to build tenacity as well as team spirit.

What inspired and pushed us along was seeing alumnus making their way to support us. Our teachers-in-charge Mr Kieu, Ms Poh, Mr Teng and Mr Lee, had also taken time off their busy schedule to support and cheer us on.

Despite the fact that we did not manage to secure a podium finish, the marathon was an eye-opening experience for many of us as this was our first taste of a competition. It served as a gauge for us to know our own standards and highlighted to us our areas for improvement. Our team has grown as a result and we are more inspired to exemplify dedication and sporting excellence in the upcoming National Junior Canoe Championships and 'A' Division Competitions.





# Cross Country



By Roselyn Tay (18A03) and Suryani Lee (18A04)







It has been a tradition at SAJC to run for a cause during our annual Cross Country, and this year was no exception. The school's Cross Country 2019 took place at the beautiful and centrally located Bishan-Ang Mo Kio Park, as Saints did a good cause by running to raise awareness for autism.

Under clear and sunny skies, Saints started the day in good spirits as the Saints' Sports Club led the cohort in a round of warm-ups.

Before long, the J2s gathered at the starting point and prepared for their competitive run. The piercing shot of the starting horn saw our keener athletes sprinting off purposefully while some others preferred to jog at a more comfortable pace. Music blasted from hand-held speakers as runners bobbed along to the beat of the music. The J1s followed shortly after, with many wearing wide smiles for their first Cross Country run at SAJC. This was definitely a good time for the J2s to de-stress before their upcoming Block Tests and an opportunity for the newly formed J1 classes to bond.

It was exciting to watch the runners finally reaching the finish line with a final burst of energy, many of whom rewarded themselves with ice-cold cups of Milo from the beloved Milo Van – a customary treat at the end of any school race in Singapore.

Some of the runners were able to clock commendable scores – clearing a 3.2 km in under 10 minutes. One of the winners, Ryu Tanaka, who achieved his goal of making it into the top 20, shared his delight with IOTA reporters. Motivated by a desire to bring pride to his Hockey team, Ryu was able to overcome his dislike for running and ultimately emerged as one of the top runners. To Ryu, it was the end goal that prompted him to persevere.

We are very proud of the Saints Sports Club and the Student Council for organising this successful event, as well as the winners of the marathon and all our Saints for participating so actively in our school's efforts to raise awareness for autism.

Up and On!







# REFLECTIONS OF AN ORIENTATION GROUP LEADER

By Muhammad Zukhair B Jasmal (18S06)







It was merely a year ago when I sat in the Cultural Centre as a newly minted SAJC student, belting out the college hymn and shouting school cheers with gusto. My heart was filled with great anticipation of a new academic journey in the school I would come to call home. By the time Orientation 2018 drew to a close, I yearned for the opportunity to relive those experiences of cheering and camaraderie, and to pass on the same school pride to my juniors.

That opportunity came one year later, when I took on the role of an Orientation Group Leader (OGL).

As an OGL, planning and executing Orientation 2019 was certainly a daunting task, but also a memorable adventure. I experienced first-hand the difficulties of preparing for an event of such a large scale, as well as the sheer amount of effort required from everyone involved. From arranging for logistics to executing activities, we faced challenges every step of the

way, but I drew encouragement from fellow OGLs who worked closely with me and spurred me on.

Meeting my orientation group was an insightful experience as I got to see a multitude of fun-loving and unique personalities coming together. Learning about their hopes and aspirations for their next two years in junior college was truly eye-opening and made me reminisce about my own times as a hopeful J1.

The theme for this year's Orientation was 'Incendo' and the idea of 'light' or 'spark' was meaningfully woven into each activity in Orientation. The juniors' excitement could be heard through their rousing cheers in different corners of the school as they participated heartily in the various mass games, wet games and outdoor activities. This year, each one of the five Houses was assigned to a distinct location for the Outdoor Activity segment, allowing the J1s within each House to interact closely

with one another and build common experiences.

It was heartwarming to see the efforts of my fellow OGLs pay off as the OG mates overcame their initial awkwardness and forged strong bonds with each other. One of the highlights of the Orientation was Saints Stickman Pinning Ceremony where the J1s received their Saints Silver Pin from their Civics Tutors, officially becoming the latest addition to our Saints family. In the final moments of Orientation 2019, they too belted out the college hymn and cheers with undeniable pride.

Orientation 2019 provided me with the invaluable platform of fostering a strong school spirit amongst my juniors. Working closely with teachers and fellow OGLs in planning for and facilitating OG events also allowed me to grow holistically as a person. All in all, I am deeply proud to have played a part in keeping the SAJC flame burning brightly. Up and on!





# WRITER OF THE MONTH

Anastasia Cham

(18S24)

## Featured Entry

your world in mine

in a world without ears,  
i might finally understand  
how you used your hands  
to paint them fears  
i could not comprehend;  
your livid fists  
stifled cries to be heard  
how hard it is to live an entire  
life not uttering a single word

in a world without lips,  
i would sculpt you a song  
filled with sorries lifelong  
for everything gone wrong  
the unfairness of the world  
and tears in soundless  
cries that weave into knots  
of misunderstandings,  
sewing the distance  
between each heart

in a world without you;  
not any quieter,  
your absence will empty the silence  
like thunder cracking the air  
a house left empty  
without  
you there



IOTA TEACHER ADVISORS: Ms Caroline Sin & Ms Jessica Yim

IOTA EXECUTIVE COMMITTEE 2018/2019: Suryani Lee, Ethan Alfred Soares, Le Quoc Huy, Roselyn Tay, Kimberly Yeo, Jerrell Yeoh, Miguel Ng, Anastasia Chiam

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