

SECONDARY TWO & THREE INFORMATION SESSION

WEDNESDAY 10 JANUARY 2024



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Housekeeping



Adjust your volume if you cannot hear the soft music being played while we wait to start. If needed, do exit and log in again.



Ensure that your mic is muted throughout the webinar. Use the Q&A function to type questions anytime during the webinar.



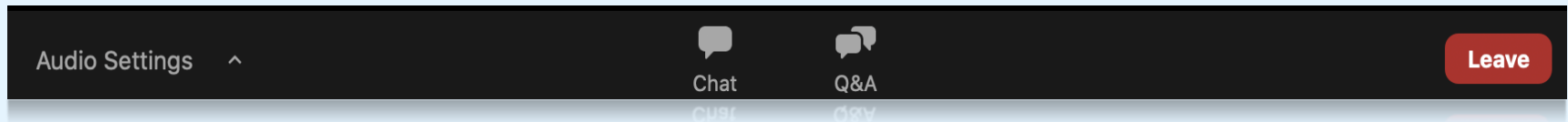
Presentation slides will be made available on the school website after the webinar.



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Webinar Functions



- **Audio Settings:** For adjusting of volume.
- **Chat:** This may be used by presenters to share important links or any other information.
- **Q&A:** For attendees to submit questions to the presenters. Responses may occur live during the event or replied privately or publicly for the benefit of others to see.



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Naming Convention

- For identification purposes, please observe the following naming convention:
 - Daughter's/Ward's Name_Class
 - E.g., Sarah Tan_2B
- Follow this convention later during the Zoom session after the webinar has ended.



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Programme Outline (Part 1)

Time	Item	Presenter
5.00 – 5.05pm	Welcome Remarks	Mr Lee Boon Leong YH, Sec 2 (Covering) & YH, Sec 3
5.05 – 5.25pm	Address by Principal	Mrs Jenny Leong Principal
5.25 – 5.30pm	Sharing by Parent Support Group	PSG Team
5.30 – 5.35pm	Log in to separate Zoom sessions for Sec 2 & 3 Zoom details will be shown later	



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Programme Outline (Part 2)

Secondary 2

Time	Item (Presenter)
5.35 – 5.40pm	Address by Level KP (SH/Lit and Covering HOD/Eng, Mr Timothy Chow)
5.40 – 5.55pm	ECG Sharing (ECG Counsellor, Ms Gina Tan)
5.55 – 6.00pm	Q&A
6.00 – 6.15pm	Interaction with Form Teachers (Sec 2 FTs)

Secondary 3

Time	Item (Presenter)
5.35 – 5.40pm	Address by YH (Mr Lee Boon Leong)
5.40 – 6.10pm	Sec 3 OBS Sharing (Mr Darren Ng)
6.10 – 6.15pm	Q&A
6.15 – 6.30pm	Interaction with Form Teachers (Sec 3 FTs)



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ITEM 1:

PRINCIPAL'S ADDRESS

MRS JENNY LEONG



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A warm welcome to all Parents/Guardians!



Ms Claudia Chang
Vice-Principal



Mrs Jenny Leong
Principal



Ms Janice Wee
Vice-Principal



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School-Home Collaboration

As your daughter/ward progresses to Sec 2 or 3 this year:

- Your daughter may be coping with increased responsibilities and demands, eg. Sec 2 students who are appointed student leaders, Sec 3 students with new subjects like Additional Maths/ POA, etc;
- More advanced syllabi and cognitive demands;
- Student leadership opportunities & chances to represent our school at National School Games, etc;
- Managing peer relationships and building common memories with friends, and
- Teenagers at this stage are making sense of who they are (distinctive & unique sense of identity) and their place in society.



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For Parents/Guardians of Sec 2s

- What career does your daughter plan to take up? What are her strengths and talents?
- For her desired career, should she choose the JC/Polytechnic/ITE pathway? Which suits her learning disposition and her desired career?
- When she looks at her Sec 2 overall results, does she see that her results indicate that she will be able to manage the upper sec subject combination well?
- When choosing her subject combination, consider options wisely.
- Appeals will be considered within timeline in Sec 2, but no changes will be considered in Sec 3.



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For Sec 2 students

- Make a plan to work towards your goals and aspirations and be resilient in pursuing them;
- Speak with FT or any trusted adults when facing challenges or feeling stressed.
- Speak with senior students who are in Upper Sec now;
- Listen to the subject teachers who will brief each Sec 2 class on their upper sec subject (eg. POA, A Math, coursework subjects, ESS, etc);
- Consult with Sec 2 subject teachers for their opinion, as they know your strengths and talents;
- Look at past year 10-year series and/or textbooks – to get a clearer idea of the demands of the subject syllabus;
- Download the subject's syllabus from SEAB website.



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For Parents/Guardians of Sec 3s

- Your daughter/ward has been advised to stay committed to her allocated subject combination.
- If she finds herself struggling with a new/unfamiliar subject, she should approach the subject teacher for consultations & give herself time to adjust & improve.



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How can parents support their daughter/ ward? 13

- Encourage your daughter to develop her Education and Career Guidance (ECG) awareness
 1. **Post-secondary:** JC/Poly/ITE?
 2. **JC/ Poly:** More Science or Arts inclined?
 3. **Courses available and Cut-Off Points:**
 - (i) <https://www.moe.gov.sg/schoolfinder>
 - (ii) <https://www.moe.gov.sg/coursefinder>
 4. **Discuss with your daughter about whether she would enjoy being in that particular career or industry**
- Explore the options with your daughter and try to get her to think through the alternatives rather than hearing what we want her to do.



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Key Points About Students' Concerns

- They may be thinking hard about their post-secondary choices and are developing their identity as they move into young adulthood.
- Some find it hard to manage their
 - Time and energy
 - Personal relationships (family and friends)
 - Meeting parents' expectations and aspirations
 - Own level of self-esteem and confidence
- Many of them admit that they are very hard on themselves while being caring and helpful towards their friends.



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Key Points About What Students Find Useful

- Authentic and open listening – **safe space** for them to articulate their fears and anxieties.
- Being **accepted** for who they are and not what parents want them to be, or being compared with siblings, cousins, etc.
- Start with '**why**': teenagers need to understand the rationale for adults' decisions/ permissions. Explaining and listening take time.
- Many of them are not confident about their strengths and talents. Remind them of their past successes and achievements so they take heart and are **affirmed**.
- Remind them to take care of themselves and to avoid being too hard on themselves.



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For All to Note

Weighted Assessments

- If your daughter/ward is absent from school & misses a WA, she needs to submit a **valid medical certificate** to her Form Teacher and the relevant subject teacher.
- She should take the initiative to schedule a make-up assessment with her subject teacher.
- Make-up assessment for WA (with valid reasons for absence) will be conducted **within one week**.



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Teacher-Parent Collaboration

- **Encourage** your daughter to
 - Make informed choices;
 - Persevere and don't give up easily;
 - Look for alternative solutions to a problem, and
 - Accept the consequences of her informed decision.
- Give your daughter **time to rest** after school.
- **Trust our teachers** to do the necessary in good time.



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Post-Secondary Admissions

DSA-JC

Provide students with an opportunity to demonstrate **a more diverse range of achievements and talents** in seeking admission to a JC/Institution.

**Sports
Performing Arts
Leadership
Outstanding
Academic
Achievements**



Poly/ITE - EAE

For those who have aptitude and interest in specific fields of study, so that they **won't have to compete for admission to polytechnic/ITE strictly on the basis of how well she does academically compared to everyone else.**



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Post-Secondary Admissions

Things Your Child Can do NOW

- 1 Explore her interests and develop her strengths
- 2 Research on JC/polytechnic/ITE courses that she is interested in and related careers in the sector
- 3 Start acquiring experiences and build a portfolio



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- To help your child stay safe and have positive experiences online, you may:
 - Organise more outdoor activities together.
 - Activate parental controls on your home devices.
 - Model good digital habits for your child.
 - Set ground rules for internet use.
 - Navigate the internet together to understand their usage.

For more resources for parents:

<https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>



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FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT

MEETME



MEETME IS A DATING, SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

GRINDR



GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER'. HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDITIONAL VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE. CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.



830 x 468

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Some apps for parents to monitor

1. Instagram

- Instagram is a photo-sharing app that is a famous platform among youths. Children have signed up for this application as well.
- The minimum age to use Instagram is 13 and above. Strangers can follow your daughter's public profile and can misuse the pictures.

2. Snapchat

- Can be dangerous to use because the message will disappear automatically.
- No one can control or monitor what happens in this app. There is a high chance of viewing adult content via snap. Also, Snapchat accounts can be faked as they don't require a name to get started with.



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3. Omegle, Chatspin and Kik

- Omegle is a free chat and video communication platform that lets two parties communicate without creating an account. The service randomly pairs two people, creating a session to communicate.
- Kik - like Omegle, this app lets people chat without a username, share photos, and many more.

4. TikTok, Periscope

On these apps, anyone who is a stranger can message your daughter.

5. Tinder and Blendr

- Tinder is one of the most popular dating apps in the world. It uses a GPS location finder to find the people near you.
- Online predators and cyberbullies can make fake accounts and then chat with your kids, which may negatively influence them. They may intend to harm their personal life. Blendr is similar to Tinder.



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6. ask.fm

- This is a platform where users can ask questions and other people answer those questions. Users can also write the questions and the answers anonymously.
- As the questions in ask.fm can be anonymous, there can be some inappropriate questions that your daughter can receive.

7. Whisper

- This is an app where people write their confessions anonymously. It is a popular app and is used all over the world. Many teenagers use this application.
- The application uses a GPS tracker. This means that although the identity of users may be anonymous, predators can find out the user's location.



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8. Holla

- This is a video-sharing app. It allows users to share their videos with random strangers worldwide.
- There is abuse, nudity, and inappropriate content that is found in this app. The location-sharing feature can also be harmful.

9. OKCupid

- This is an application meant for dating. It matches users with those from the opposite gender based on attractiveness.
- This application is dangerous for youths as there might be predators hiding behind the other side of the screen. There may be sharing of adult and mature content. Sexual exploitation is the major danger of this application.

10. HouseParty

- This is a video-chatting app where you can chat with users worldwide.
- There may be strangers recording the video chat and sharing adult content with your children.



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Cyberwellness

Changes to the Penal Code

What is Sexual Communication?

Even if the person never meets the victim, the new Section 376EB now states it is an offence to send any form of sexual communication to the victim. This includes inappropriate text messages, photos and videos of a sexual nature. It does not matter where it was sent from, or if the victim replies or not. The mere act of sending such communication may lead to a 2 year jail sentence and/or a fine and if the victim is below 14, the jail term may be extended to 3 years.

This also means if you have a child who has access to the internet, it's best to activate safeguards such as spam filters and monitoring who your child is talking to either online or via their messaging apps.

<https://asl-law.com.sg/2021/01/24/a-guide-to-sexual-offences-in-singapore-part-2-protecting-minors/>



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What parents can do

- Start a conversation with your daughter to find out what she is doing online. Ask her how she keeps herself safe online.
- Assure her that she can always come to you for advice, so she knows you will not over-react if she has any negative news.
- Agree on common rules that she can adhere to if she is spending too much time online.
- Plan some family time together with interesting activities so she is not too absorbed with online activity.
- Build trust with your daughter.
- Pls contact our FTs if you know of anything happening online that is endangering your daughter's cyberwellness (eg. grooming, sexting, sending pornographic images, etc).



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Working with Our Teachers

- Contact teachers via email and allow them at least 3 working days to get back to you, for normal inquiries.
- If you know your daughter is troubled by something that has happened at home, please alert our teachers so that we can support while she is in school.
- Please update our Form Teachers if your daughter has any change in terms of her health/ medical condition.
- Pls do not text our teachers after office hours as they need time to rest, unless it is an emergency.



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Working with Our Teachers

- Inform your daughter's Form Teachers immediately if you notice any signs of distress at home.
- You may also email our School Counsellor:
 - Ms Karene Teo at karene_teo_wei_fang@schools.gov.sg



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Updates for 2024



170 years of IJ education

20 May 2024 – Celebrations at the National Stadium



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Let us grow our Theresians to be 'The Light on the Hill'



Thank You
and
May God Bless You



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ITEM 2:

SHARING BY STC PARENT SUPPORT GROUP



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St Theresa's Convent Parent Support Group (PSG)



"Journeying Together"



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"Journeying Together"

Our Purpose



As a parent community, we partner, engage, and collaborate with school leaders, teachers, staff, our own child/children, and with each other to create a positive, loving and encouraging environment through the co-creation of meaningful and memorable activities and events.



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STC PSG Support Structure and EXCO 2024



Ms Janice Wee
Vice-Principal
School Leader Representative & PSG Partner



Mandy Morier-Tan
Chairperson



Sabina Wee
Vice-Chairperson &
Treasurer



Elaine Luei
EXCO Member



Colin Thariyan
EXCO Member



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Our Sub-Committees

Student Fusion



Parents plan, organise, and execute activities for the students and in collaboration with them.

"Miss no single Opportunity of making some SMALL SACRIFICE, here by a smiling look, there by a kindly word; ALWAYS doing the smallest right and doing it all FOR LOVE. St Therese of Lisieux

Change-Makers



Giving back to the community through donations, volunteerism, acts of kindness...etc...

"It's not how much we give, but how much love we put into giving." Mother Teresa

Faith Journey



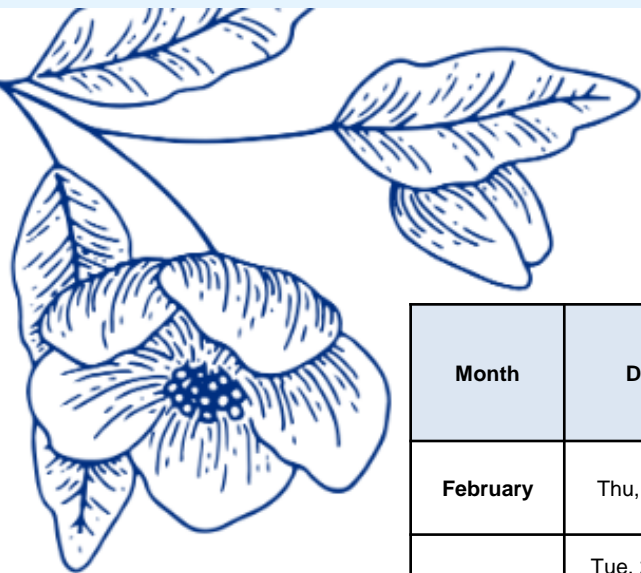
We pray together as a Catholic community, and lead by example in our own faith through prayers and thanksgiving.

"Faith is like a seed; plant it in your heart. God gives the harvest at the appointed time." Mark 4:26-29



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2024 STC PSG Calendar of Events

Month	Date	Event/Activity	Sub-Committee		
			Student Fusion	Change-Makers	Faith Journey
February	Thu, 1 Feb	Packing of CNY Care Package for FAS Students - Sponsorship for purchase of everyday items such as rice, sugar, biscuits.... Etc..)		✓	
	Tue, 20 Feb	PSG Lohei (Registration will be required)			
April	Mon, 1 Apr	Easter Celebration (Held during 4 recesses)	✓		✓
	Fri, 5 Apr	International Friendship Day (IFD) 8am-12pm	✓		
August	Wk 1 or 2	Packing of Stationery Packs for 'N' and 'O' Level students	✓		
	Wk 4	Chill Out Day (Prior to final-year exams, held during 4 recesses)			
September	Week 3 or 4	Packing of Parent's Prayer Pack – Prayer intentions for 'N' and 'O' level students			✓
October	Week 3 or 4	Recycling of uniforms (TBC)		✓	
November	Fri, 15 Nov	54 th Graduation Ceremony (Day) and Celebration (Night) - Sponsorship to defray costs for FAS students - Sponsorship towards lucky draw prizes	✓	✓	

* Please note that dates may change and parents will be updated



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CHIJ Care Packages



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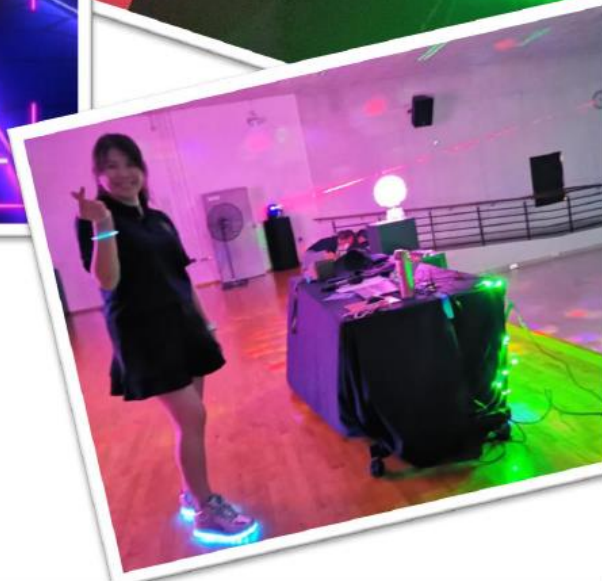
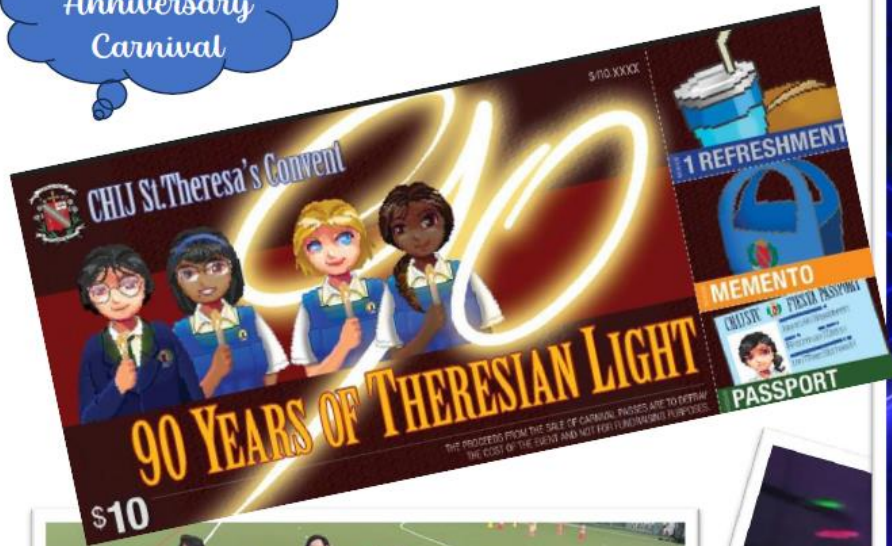
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Hold on to our IJ Dream



STC 90TH
Anniversary
Carnival



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STC 90TH
Anniversary
Carnival



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Hold on to our IJ Dream



STC 90TH
Anniversary
Carnival



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Easter Celebration



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NDP
Parent
Chaperone

ONWARD
AS ONE NDP 2023



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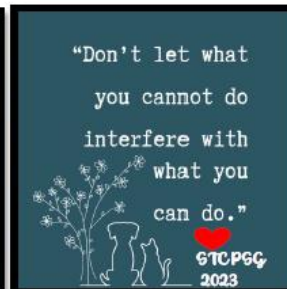


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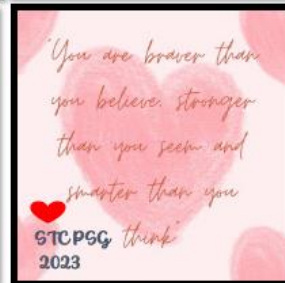
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'N' & 'O' Level
Stationery
Pack



The Holy Spirit Prayer
Holy Spirit be behind me to support me,
In front of me to guide me,
Above me to grant me wisdom,
Beside me, to hold my hand.
And walk with me,
Within me to help live life abundantly,
And give me all the graces that I need,
To live and move and breathe,
The life of Jesus in me so that,
My foundation in life would
Be built on the power of
The Word of God flowing from the
Scriptures.
Dear Blessed Mother,
Help me to say "Yes"
To God so that I would, like you,
Magnify the Lord
And would proclaim that
"the Almighty has done
Great things for me,
Holy is His Name."
S. Peralta SM



- Stationery Pack included:
- STC transparent stationery case
 - Prayer card
 - Motivational card
 - A sweet treat



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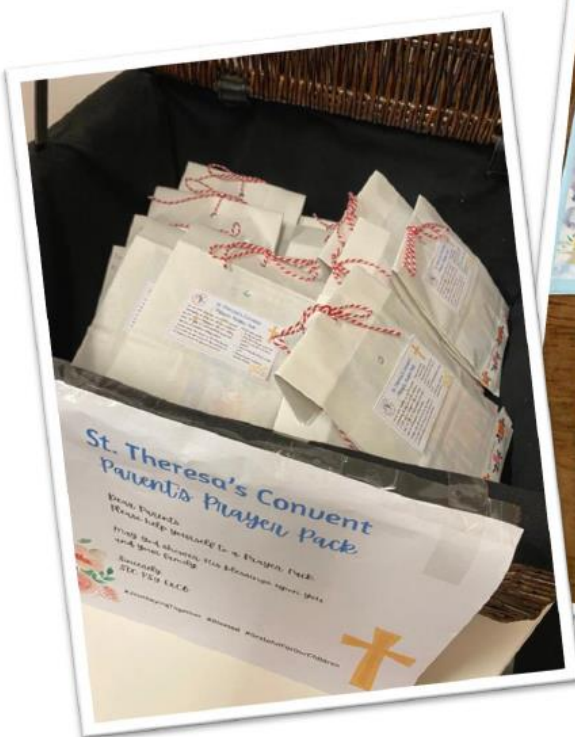


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'N' & 'O' Level Prayer Packs



St. Theresa's Convent Parent's Prayer Pack

Dear Parents,
Please help yourself to a Prayer Pack.

May God shower His blessings upon you
and your family.

Sincerely,
STC PS9 EXCO



#JourneyingTogether #Blessed #GratefulForOurChildren



St. Theresa's Convent Parent's Prayer Pack

Let us come together as an STC parent community to pray for all the students in STC and in Singapore who are taking their 'N' and 'O' level national exam and also for all students taking exams.

October being the month of the Holy Rosary, let us offer up the rosary for the intention of all students and for our personal intentions.

Prayer pack includes:

- 1x blessed candle
- Holy Spirit Prayer Card (also given to each Sec 4 & Sec 5 student)
- 'How to Say the Rosary' prayer card
- Family Prayer Card from Novena Church



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Chill Out
Day

CHILL OUT IDEAS



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Graduation
Class of
2023



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Scan the QR Code to Register



New Members

- Once you register, you will be sent the 2024 STC PSG WhatsApp link.

Existing Members

- You are encouraged to update your registration
- For those in the 2023 chatgroup, you will be sent the 2024 STC PSG WhatsApp link shortly



sttheresapsg@gmail.com

We look forward to welcoming more parents to join our community.



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PART 2 - BREAKOUT SESSIONS



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Admin Instructions

- For the second part of the programme, **please exit this webinar and join the respective zoom links of the level your daughter is in.**
- During the FT interaction time, individual breakout rooms will be created. Please join the Class Breakout Room of your daughter.
- There will be a QR code at the end for you to enter any further questions, so that we can follow up with you.



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Admin Instructions

Sec 2 Info Session	Sec 3 Info Session
Meeting ID: 894 9545 8578 Passcode: sec2-stc	Meeting ID: 898 5523 0762 Passcode: stc2024

Kindly join the Zoom session of the level that your daughter is in. Please follow the same naming convention.

- Daughter's/Ward's name and Class
- E.g., Sarah Tan_2B)



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Thank You and God Bless



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