



# CONVENT OF THE HOLY INFANT JESUS SECONDARY



CCA Orientation 2023

### CCAs Offered in CHIJ Secondary

Sports and Games	Visual & Performing Arts	Uniformed Groups	Clubs and Societies
Badminton *	Arts Alive! @	Girl Guides +	Automation and Robotics Club (ARC) *
Basketball *	Choir *	Red Cross Youth +	Chinese Cultural Society (华艺社 ) #
Bowling +	Concert Band +	National Cadet Corps (Sea) +	Debating & Oratory Society *
Netball (Sch Team) *	Guitar Ensemble +		IJ Media Club @
Netball Recreational Club *	IJ Dance Ensemble *		iGrow@IJ #
Rhythmic Gymnastics *	IJ Theatre *		IJ Youth Mission #
Squash (not recruiting Sec 1 2023)			Legion of Mary (2nd CCA)
Tennis *			
Track and Field *	* these CCAs require <b><u>ALL</u></b> students to pass trials/auditions. + these CCAs conduct trials/auditions, but students are NOT required to pass the trials/auditions @ these CCAs require <b><u>SOME</u></b> students to pass trials/auditions # these CCAs do not require any trials/auditions		

### CCAs that I am interested in.

<u>CCA</u>	<u>Date(s) of trial</u>	<u>Time of trial</u>

**Remember that you must key in your CCA Choices latest by 30 January.**

# CCA Orientation Schedule:

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	1 Angela	1 Bridget	1 Clare	1 Elizabeth	1 Frances	1 Helen	1 Louise	1 Marianne
1300-1400								
1400-1430								
1430-1450	Quad Raphael	Quad Gabriel	Canteen Right	Canteen Left	Hall Right	Hall Left	ISH Far	ISH Near
1450-1505	Quad Gabriel	Quad Raphael	Canteen Left	Canteen Right	Hall Left	Hall Right	ISH Near	ISH Far
1505-1525	Canteen Right	Canteen Left	Hall Right	Hall Left	ISH Far	ISH Near	Quad Raphael	Quad Gabriel
1525-1540	Canteen Left	Canteen Right	Hall Left	Hall Right	ISH Near	ISH Far	Quad Gabriel	Quad Raphael
1540--1600	Hall Right	Hall Left	ISH Far	ISH Near	Quad Raphael	Quad Gabriel	Canteen Right	Canteen Left
1600-1615	Hall Left	Hall Right	ISH Near	ISH Far	Quad Gabriel	Quad Raphael	Canteen Left	Canteen Right
1615-1635	ISH Far	ISH Near	Quad Raphael	Quad Gabriel	Canteen Right	Canteen Left	Hall Right	Hall Left
1635-1630	ISH Near	ISH Far	Quad Gabriel	Quad Raphael	Canteen Left	Canteen Right	Hall Left	Hall Right
1630-1800								
1800 onwards								

Lunch

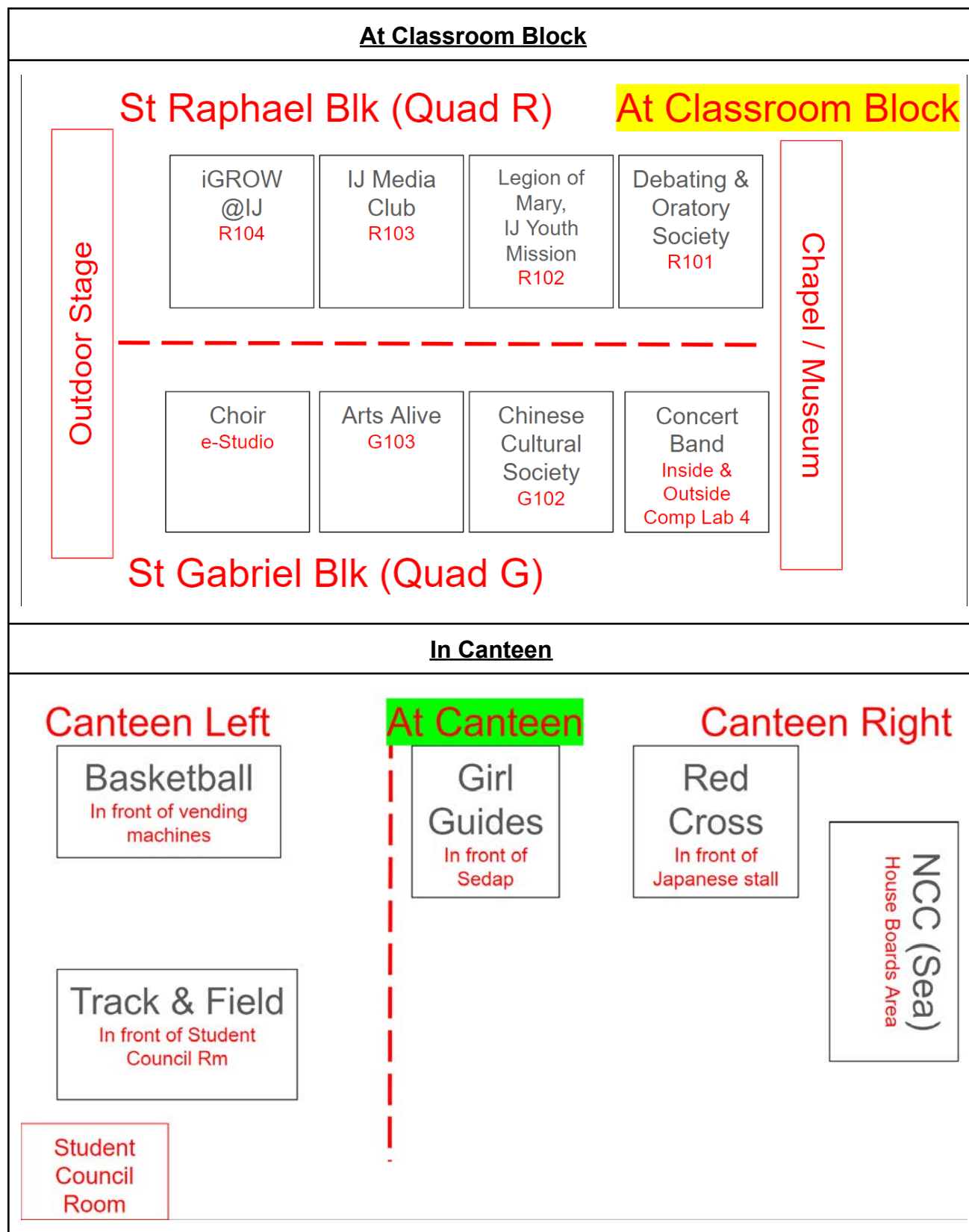
Performing Arts Showcase (@ Hall of Faith)

FT Time for students / Campfire Prep / Dinner / Parents CCA Briefing /

Campfire

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## VISUAL LAYOUT OF CCA BOOTHS



### In Hall of Faith

Hall Left

**Stage @ Hall**

Hall Right

Guitar

Front left  
Badminton court

Badminton

Front right  
Badminton court

Tennis

Back Right  
Badminton court

IJ Theatre  
Left side of last 2  
Badminton courts

Automation &  
Robotics Club  
Right side of last 2  
Badminton courts

Dance

Right side of last 2  
Badminton courts

### At Indoor Sports Hall (ISH)

ISH Near

**At ISH**

ISH Far

Netball  
Sch Team

Rhythmic  
Gymnastics

Netball  
Rec

Bowling

Toilet/  
Entrance

## **Intent of CCAs and CCA Policy**

**Our CCAs aim to develop the students' potential outside of the academic field in the following ways:**

- Provide for physical, social and mental development
- Cultivate desirable values and attitudes
- Inculcate a sense of belonging in school
- Provide opportunities for the development of leadership skills and competencies.
- Cultivate life-long interests and skills
- Develop healthy lifestyles

**It is the policy of MOE and the school that every student must participate in at least one CCA throughout the student's 4 or 5-year stay in the school.**

## **Entry Criteria for CCAs**

### **Visual & Performing Arts**

All performing arts CCAs will require students to go for selection trials. These trials will gauge students' potential and ability in the CCA. For Choir and Dance, some experience in the area is required. For Band, Chinese Cultural Society, Guitar Ensemble and IJ Theatre, a strong interest and willingness to learn is necessary. For Arts Alive!, some places will be reserved for students with prior experience.

### **Sports and Games**

Students in the Sports CCAs will be given opportunities to represent school and as such, students who wish to join should be able to play the sport competently. Coaches are available to help these athletes achieve success in numerous sports competitions. The Sports CCAs will conduct selection trials for those who wish to join. The school's Tennis, Netball and Squash CCAs do have some spaces for those with limited experience and are willing to learn.

### **Uniformed Groups (UGs).**

All students are welcome to join these CCAs. These students should be ready to participate fully in the many challenging, adventurous and fun activities in the UG CCAs.

### **Clubs and Societies**

Students who wish to join the Debating and Oratory Society will be required to attend a selection trial. For Media Club, some places will be reserved for students with prior experience. The other Clubs and Societies are open to students who possess an interest in the CCA, as well as a desire to learn and contribute.

## **CCA Selection and Allocation**

**The process for CCA selection and allocation is as follows:**

1. All Secondary One students and their parents will attend a briefing by the HoD CCA who will explain the importance of participating in a CCA, the school's CCA policy and how CCAs and other co-curriculum activities are graded.
2. Students will visit the various CCA booths to gather information about the various activities on offer during CCA Orientation. They may also approach the respective CCA teachers, prior to making their selection, to find out more about the CCA.
3. Secondary One students are encouraged to attend the various CCA selections of their CCA choices.
4. CCA trial and selection results will be published by 24 January (Monday). (Please see email for link for CCA Selection Results)

<http://tinyurl.com/CHIJCCATrial2023>

For privacy reasons, this link can only be accessed using an ICON Email account.

5. Students must indicate their top 6 choices at

**<https://forms.moe.edu.sg/forms/ePYwrv>**



by 27 January, starting from 19 January only (see Appendix B)

For security purposes, choices may only be indicated using your MOE Student Email account.

**If you did not pass the CCA's trial/audition, please do not include that CCA among your 6 choices. You may end up with very limited choices or none at all.**

6. By Mid February, all Secondary One students will be informed of their allocated CCA and should start attending CCA practice as soon as possible.

**As far as possible, the school will try to allocate CCAs according to the student's 6 choices. However, the school needs to ensure that the needs of each CCA are also met and at the same time, ensure that none of the CCAs are over- or under- subscribed.**



# CCA Trials/Audition Dates 2023

**ALL students must pass trials/auditions for these CCAs.**

CCA	DATE (9 Jan - 19 Jan)	TIME
BADMINTON	Mon, 9 Jan	3:00pm - 5:00pm @ Hall of Faith
	Wed, 11 Jan	
	Fri, 13 Jan	
BASKETBALL	Wed, 11 Jan	3:00pm-5:00pm @ Basketball Court
	Wed, 18 Jan	3:00pm-5:00pm @ Basketball Court
NETBALL (SCHOOL TEAM)	Tue, 10 Jan	4:00pm - 6:00pm @ Parade Square
NETBALL RECREATIONAL CLUB	Wed, 11 Jan	3:30pm - 5:00pm @ Parade Square
	Mon, 16 Jan	
RHYTHMIC GYMNASTICS	Wed, 11 Jan	3:00pm - 5:00pm @ Indoor Sports Hall
	Fri, 13 Jan	
TENNIS	Tue, 10 Jan	3.00pm - 4.30pm @ MOE Evans Road (Tennis courts)
	Wed, 11 Jan	
TRACK AND FIELD	Mon, 16 Jan	4:00pm - 5:00pm @ School Track
	Wed, 18 Jan	
CHOIR	Fri 13 Jan	3:00pm - 6:00pm @ IJ Museum For Sec 1s and Scholars
	Wed, 18 Jan	
DANCE ENSEMBLE	Tue, 10 Jan	3:00pm - 6:00pm @ Dance Studio (Celestial)
IJ THEATRE	Wed, 11 Jan	3:00pm - 6:00pm @ ArtsBox
	Fri, 13 Jan	
DEBATING AND ORATORY SOCIETY	Fri, 13 Jan	3.00pm-5.00pm @ G301 & G302
	Wed, 18 Jan	



AUTOMATION AND ROBOTICS CLUB (ARC)	Mon, 16 Jan	3pm-5pm @ Computer Lab 3
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**SOME students must pass trials/auditions for these CCAs**

CCA	DATE	TIME
BOWLING	Wed, 11 Jan	4:00pm - 6:00pm @ SAFRA Toa Payoh
	Fri, 13 Jan	
ARTS ALIVE!	Mon, 9 Jan	3.00pm - 4.00pm @ Computer Lab 4
	Mon, 16 Jan	
MEDIA CLUB	Wed, 11 Jan	3.15 - 5.00pm @ Library Computer Lab
	Wed, 18 Jan	

**Students DO NOT NEED TO pass trials/auditions for these CCAs**

CCA	DATE	TIME
CONCERT BAND	Fri, 13 Jan	3:00pm - 4:00 pm or 4:00 - 5:00 pm @ Band Room
GUITAR ENSEMBLE	Wed, 11 Jan	3:00pm - 5:00 pm @ Music Room
	Mon, 16 Jan	
GIRL GUIDES	Wed, 18 Jan	3.15pm - 5.00pm @ R104
NATIONAL CADET CORPS (SEA)	Tue, 10 Jan	3:00-5:00pm @ AVA room
	Thurs, 12 Jan	
RED CROSS YOUTH	Fri, 13 Jan	3:15pm - 4:15pm @ R101
	Wed, 18 Jan	

## **CCA Grading**

The CCA Grading Scheme ((LEAPS) takes into consideration a number of new initiatives implemented in the last few years, like the Student Leadership Programme, Values-In-Action Programme and the Character and Citizenship Education Programme.

Since 2014, LEAPS 2.0 guides the recognition process for all co-curricular activities in the school.

### ***Key Domains in LEAPS 2.0 with a focus on “Broadened Recognition; Stronger Student Centricity”***

#### ***Participation***

This domain recognises students’ participation in one school-based Co-Curricular Activity (CCA). Recognition is based on the number of years of participation (with sufficient attendance, i.e. 75%) and exemplary conduct and active contribution to the CCA. ***Sustained engagement in the same CCA*** allows for progressive development of character, skills, knowledge and friendships, and will be accorded higher recognition.

#### ***Service***

This domain recognises students’ development as socially responsible citizens who contribute meaningfully to the community. Every secondary school student will contribute at least 6 hours per school year to the community. In CHIJ, students are also guided to embark on a Values-In-Action project (VIA). Students will be recognised for the time they put into planning, service and reflection, when participating in a VIA project.

#### ***Leadership***

This domain recognises students’ leadership development. Recognition is accorded to students’ ability to take charge of personal development, work in a team and assume responsibilities, in the service of others. In addition to formal leadership appointments, participation in student leadership modules/workshops, the National Youth Achievement Award (NYAA) and leadership positions in the school, CCA or student-initiated/student-led projects will also be recognised.

## Achievement

This domain recognises students' representation and accomplishment in co-curricular involvements beyond the classroom. Opportunities for representation and accomplishment present valuable learning experiences for students to learn discipline, resilience and develop their character. Students may represent the school or organisations endorsed by the school. Recognising external opportunities better caters to students' diverse interests and talents. It also recognises the community's role in developing the child.

- Representation refers to being selected and endorsed by the school or an organisation endorsed by the school (e.g. the community club or national association) to contribute, perform or compete. It need not be tied to his/her CCA in school.
- Accomplishment refers to attaining accolades and awards at competitions, festivals, performances, exhibitions, conferences and symposiums where the student represents the school or other organisations endorsed by the school.

### ***Recognition of Co-curricular Experience***

At the end of the graduating year, students' co-curricular attainment will be recognised according to Excellent/Good/Fair. The level of attainment will be converted to a bonus point(s) which can be used for admission to Junior Colleges/ Polytechnics/ Institutes of Technical Education (JC/Poly/ITE).

Co-Curricular Attainment	Details
Excellent (2 bonus points)	Student who attains a minimum Level 3 in all four domains with at least a Level 4 in one domain.
Good (1 bonus point)	Student who attains a minimum Level 1 in all four domains with any one of the following: i. At least Level 2 in three domains; ii. At least Level 2 in one domain and at least Level 3 in another domain; or iii. At least Level 4 in one domain.
Fair	Student's attainment in co-curricular will not translate into any bonus points.

**Appendix B - CCA Selection Procedures – Please key in between 19 Jan to 27 Jan**

Select choices 1 to 6. Ensure all 6 are different. Include at least 1 Uniformed Group and 1 Club/Society. Try not to select CCAs where you are not on the Confirmed list or Waiting List.

QUESTION 1 - RANKING ★

Please rank your preferred CCAs.

Remember that you must have 1 Uniformed Group (UG) and 1 Clubs/Society (CS) among your 6 choices.

1st choice:

2nd choice:

3rd choice:

4th choice:

5th choice:

6th choice:

Fill in medical conditions (if any)

QUESTION 2 - MULTIPLE CHOICE ★

Do you have any existing medical condition(s)?

☐ Yes

☐ No

## Fill in your HEIGHT and WEIGHT.

QUESTION 4 - FREE TEXT ★

Please state your HEIGHT in cm.

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QUESTION 5 - FREE TEXT ★

Please state your WEIGHT in kg.

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## Key in prior experience in relation to selected CCAs

SECTION 1

### **PRIOR EXPERIENCE**

In this section, you will include all the prior experiences that you have had in your primary school years.

QUESTION 6 - FREE TEXT ★

What was your main CCA in primary school?

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QUESTION 7 - MULTIPLE CHOICE ★

How many years were you in your main CCA?

- ☐ 1 year
- ☐ 2 years
- ☐ 3 years
- ☐ 4 years
- ☐ 5 years

## QUESTION 8 - FREE TEXT ★

What awards / leadership positions did you attain or achieve?

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## QUESTION 9 - FREE TEXT

Is there any additional information that you would like to include that is related to your CCA Choices? E.g. other CCAs that you joined in primary school or enrichment classes outside of school.

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**SPORTS & GAMES**

<b>BADMINTON</b>	
<b>Teachers-in-Charge</b>	Ms Mastura Senin (mastura_senin@moe.edu.sg), Ms Kim Purushothaman, Ms Tan Poh Yoke, Mr Eraja Rajan, Mr Kenneth Ho & Mr Sunny Ng
<b>Training Days/Time</b>	Advanced team - Monday, Wednesday and Friday (3.00 pm – 6.00 pm) Intermediate team – Tuesday and Friday (3.00 pm – 6.00 pm)
<b>Venue</b>	CHIJ Secondary; Hall of Faith / ISH / Toa Payoh West CC (subject to availability of venues)

**CHIJ Badminton** trains hard and plays hard. Members strive to do their best in every tournament to bring pride, glory and honour to the school. Under the guidance of our very dedicated and talented coach, Mr. Stanley Chay, our players train twice or thrice a week at the CHIJ Hall of Faith or Indoor Sports Hall.

The team participates in the National School Games Badminton Championships, Wee Kim Wee Challenge Trophy, Alpha Age Group Tournament and various other inter-school tournaments organised by Community Centres, Clubs or Organizations. With the local tournaments and friendly matches, the players are exposed to various playing styles. This exposure contributes to the success of the students in becoming a skillful player, together with the support and encouragement of the teachers and coach. So come for the **Badminton Team** selections and keep the **IJ Badminton** spirit burning! Join **IJ Badminton**!

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<b>BASKETBALL</b>	
<b>Teachers-in-Charge</b>	Mdm Zhang Shujuan (zhang_shujuan@moe.edu.sg), Ms Kong Mei Sing & Mr Leon Yeo
<b>Training Days/Time</b>	Mondays & Wednesdays (3.00 pm – 6.00 pm) Monday, Wednesday and Friday during Mar, Jun & Nov holidays
<b>Venue</b>	CHIJ Secondary, Indoor Sports Hall (Mon) CHIJ Secondary, Basketball Court (Wed)

**IJ Basketball** team requires cooperation, communication and teamwork. Everyone participates enthusiastically and passionately at our training sessions. We train hard and play hard as well.

***“Feel the passion, love the game”*** This is exactly how the **IJ Basketball** team feels about the game. With such dedication, those who join us are bound to feel it too. The team participates in the South Zone Secondary Schools Basketball Championships, has friendly matches with various schools and competitions organized by external organizations.

**JOIN THE BASKETBALL TEAM** and feel our love and passion for the game.

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<b>BOWLING</b>	
<b>Teachers-in-Charge</b>	Mr Tristan Fernandez (fernandez_tristan_ivan@moe.edu.sg), Ms Jey Sundari, & Mr Pakirisamy Ragulan
<b>Training Days/Time</b>	Wednesday (4pm to 6pm) and Friday (4pm to 6pm) <i>(*Home-Based Learning - Theory lessons, if physical training is not possible due to unforeseen circumstances.)</i> (During competitive period, training may be extended to other days.)  Trials will be conducted on 11th & 13th Jan 2023 for those who are interested to sign up for this CCA.
<b>Venue</b>	SAFRA Toa Payoh Bowling Centre (Temasek Club if above venue is not available)

The CHIJ Tenpin Bowling team started in 2001 with a small number of members. Over the years, the team has grown and enrolment now stands at more than 50 members. Every year, we participate in competitions like the National Inter-School Tenpin Bowling Championships and the National Age Group Competition.

As a team that believes in both playing and training hard, the CHIJ Tenpin Bowling Team is one that promises an enjoyable experience like no other. We try to produce the perfect hit that results in a strike. Achieving a strike will require more focus, technique, technical knowledge of your equipment and the lane conditions, which our bowling team will be trained in. At the same time, we organise various other activities to foster and build, not only our team spirit but also the camaraderie among the teammates at the same time.

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<b>RHYTHMIC GYMNASTICS</b>	
<b>Teachers-in-Charge</b>	Mrs Tay Yit Ming (lim_yit_ming@moe.edu.sg), Ms Fiona Tan & Ms Stephanie Song
<b>Training Days/Time</b>	Tuesdays, Wednesdays & Fridays (3.00 pm – 6.00 pm)
<b>Venue</b>	CHIJ Secondary, Indoor Sports Hall

**Rhythmic Gymnastics** is a sport in our school that emphasises on poise, rhythm, flexibility, physical fitness and contemporary dance movements. It combines elements of dance, ballet and gymnastics with the manipulation of various apparatus. These apparatus include the ball, hoop, rope, clubs and the ribbon. Gymnasts use these apparatus to perform beautiful and graceful routines.

### **Competition**

Annually, we compete in the National Inter-School Rhythmic Gymnastics Championships in groups or as individuals. Spanning over three days, we take part in various categories like the compulsory, optional and group routines. We also take part actively in competitions like National Championships organised by Singapore Gymnastics (National Sports Association for gymnastics).

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<b>NETBALL SCHOOL TEAM</b>	
<b>Teachers-in-Charge</b>	Mdm Seng Wee Pheng (seng_wee_pheng@moe.edu.sg), Mr Wong Wei Keong & Ms Margaret Teo
<b>Training Days/Time</b>	(National School Games period- subject to change) Tuesday, Thursday & Friday: 3.00 pm – 6.30 pm
<b>Venue</b>	CHIJ Secondary (Tue & Fri: Parade Square; Thu: Indoor Sports Hall)

The CHIJ Netball School Team has won the ‘B’ and ‘C’ Division titles many times over the years. This is a strong tradition that we are proud to uphold and defend. Annually, we compete in the South Zone Netball Championships and subsequently move on to compete in the National Inter-School Netball Championships.

Competition season lasts from January to April for the ‘B’ division and July to September for the ‘C’ division. Of which, our intensive and rigorous training begins in the months leading up to the competitions for each division.

Under the leadership and expertise of our coach Ms Kok Mun Wai, the CHIJ Netball School Team has flourished as her dedication and passion for the sport has contributed immensely to the netball legacy in CHIJ. It was her guidance, with the support of the school, which led us to claim the double championship title for both ‘B’ and ‘C’ Division in both the South Zone Inter-school Netball Championships as well as National Inter-school Netball Championships consecutively in both 2015 and 2016. In 2017, we achieved championships for South Zone Inter-school Netball Championships while achieving 1st and 2nd placing for ‘C’ division and ‘B’ division for Nationals respectively. Through the team’s perseverance and determination to do our best, our team managed to clinch our double championships once again, both at the 2018 Zonal and National Championships. In 2019, we achieved champions for both divisions in the South Zone Inter-school Netball Championships and 2nd placing for ‘C’ division at the National Inter-school Championships. In 2022, we achieved champions for both B & C divisions in the South Zone Inter-school Netball Championships.

However, the CHIJ Netball School Team is not only about winning competitions. Besides the annual championships, CHIJ Netball also play friendly matches with many different schools and teams (both local and overseas). Annually, the team also organizes a team bonding retreat and beach training at Sentosa. This helps us to learn from the other players and allows us to gain more experience on and off the court.

<b>NETBALL RECREATIONAL CLUB</b>	
<b>Teachers-in-Charge</b>	Mrs Priscilla Lim (priscilla_lim_a@moe.edu.sg), Mrs Mythily Ezhilmani & Mrs So-Lee Yirong
<b>Training Days/Time</b>	Mondays and Wednesdays (3.00 pm – 5.30 pm)
<b>Venue</b>	CHIJ Secondary (Parade Square, Indoor Sports Hall)

The **Netball Recreational Club** is a Co-Curricular Activity that not only allows students to learn Netball skills and tactics under the tutelage of a full-time experienced coach, it also emphasizes the importance of a good learning attitude, teamwork and sportsmanship. To help us achieve these aims, the club participates in both competitive and friendly games. Each year, we aim to have every level represent the school in at least one netball competition. We have participated in various age-group netball competitions such as the Daisy Tan Netball Carnival and The Kids' Network Carnival. Our members have gained much from participating in such competitions. For the past 2 years, we organised an in-house games carnival to promote the same camaraderie and team spirit. We want our members to enjoy learning the skill as well as playing as a CCA. We are always looking for opportunities to enable our members to grow holistically.

**JOIN THE NETBALL CLUB!** Let's make 2023 a fruitful and meaningful year!

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<b>SQUASH (No Longer Recruiting students in Sec 1 2023)</b>	
<b>Teachers-in-Charge</b>	Mr Eng Wee Keng (eng_wee_keng@moe.edu.sg) & Ms Joanne Tham
<b>Training Days/Time</b>	Monday, Wednesday and Friday (3.00 pm – 6.00 pm)
<b>Venue</b>	Singapore Labour Foundation (SLF) Squash courts

**CHIJ Squash** provides opportunities for students to pick up the skills of the game so that they can play the game recreationally or at a higher level. The members strive to do their best during training and may be fielded to play competitively at the national tournament if they achieve competency by then.

The students will be put through a programme for the year to learn the rudiments of the game and to practice the skills on their own. Under the guidance of a dedicated coach, individual students train twice a week at the Singapore Labour Foundation (SLF) squash courts.

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**SQUASH is no longer recruiting students in Sec 1 2023.**  
**Students interested in Squash can consider joining Badminton or**  
**Tennis.**

<b>TENNIS</b>	
<b>Teachers-in-Charge</b>	Ms Agnes Leong (leong_ngan_yean_agnes@moe.edu.sg), Mr Teo Wen Jie, Ms Nicole Teo & Mr Augustine Khoo
<b>Training Days/Time</b>	<b>Recreational Team</b> Tuesday  <b>School Training Team</b> <b>C Division</b> : Tuesday & Friday <b>B Division</b> : Wednesday & Friday  Time : 3.00 pm to 6.00 pm
<b>Venue</b>	MOE Evans Rd Tennis Courts <b>(Jan)</b> Yio Chu Kang Tennis Centre <b>(from Feb)</b> (unless otherwise communicated)

CHIJ Tennis has a long and illustrious history, from the time the school was at its original site along Victoria Street where training was held in a basketball court surrounded by the Sisters' quarters. In Tennis, we strive not only to nurture each Tennis girl as a fine sportswoman but also, more importantly, to become A Woman of Distinction who espouses our IJ school values.

Our coaches, with the support of the teachers in-charge, work on improving the students' tennis skills and fitness levels with a variety of drills and games. The teachers and coaches believe that a holistic approach to CCA is imperative. Although preparation for the annual National Inter School Tennis Competition is taken very seriously, the more important core sports values of teamwork and sportsmanship are emphasized during all training sessions, and the players' overall growth and development is considered the greatest priority.

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<b>TRACK AND FIELD</b>	
<b>Teachers-in-Charge</b>	Mr Daniel Kuan (kuan_li_jie@moe.edu.sg), Ms Jesslyn Winata, Mr Harry Goh & Ms Norshidah Abdul Rahim
<b>Training Days/Time</b>	Mondays, Wednesdays & Fridays (3.30 pm - 5.30 pm)
<b>Venue</b>	School Track and Field

The Athletics CCA is a CCA where girls are given the opportunity to participate in a variety of track and field events, ranging from the fast and furious 100m and the gruelling 3000m, to the explosive Long Jump and technical Shot Put, before they are placed in a specialisation. Certain girls will also have the chance to participate in the cross country events, where runners compete to complete a course over open terrain, i.e. gravel, grass, mud, and hills. Not for the faint-hearted, Athletics is a CCA that demands a high level of mental and physical toughness.

The Athletics team trains under the experienced hands of our coaches and our strong team camaraderie has enabled us to do well each year during the Singapore Press Holdings Schools Relay Championships, the Singapore Youth and Junior Athletics Championships, the National Inter-School Cross Country Championships and the National Inter-School Track and Field Championships, where our girls display their talents and skills in the competition arena. Each year, we strive to go beyond our personal best and bring glory to the school, not just by training hard physically, but also honing our skills and tactical awareness.

Ultimately, the goal for our CCA is not just to win medals, but rather we aim to inculcate discipline within our girls and create opportunities for character and leadership building. We believe it is these values that will allow those who succeed on the track and on the field to achieve similar and greater success in their lives after they have graduated from CHIJ.

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## UNIFORMED GROUPS

<b>GIRL GUIDES</b>	
<b>Teachers-in-Charge</b>	Mrs Audrey Teng (poon_yuet_mun_audrey@moe.edu.sg), Ms Hemavathy Anbalagan & Mdm Cheng Ai Hoon
<b>Training Days/Time</b>	Wednesdays (3.00 pm – 6.00 pm) Ad-hoc Fridays and Saturdays for HQ activities
<b>Venue</b>	CHIJ Secondary, Classrooms/Quadrangle (R104 & R105)

Girl Guides aims to provide girls and young women with the opportunity to grow, to lead and to empower them to develop to their fullest potential as responsible citizens of the world.

At CHIJ 1<sup>st</sup> Coy, our Guides live up to our motto of ‘Be Prepared’. Using the World Association of Girl Guides and Girl Scouts (WAGGGS) model and Girl Guides 5-point programme as guidelines, activities are organised to maximise the potential of the Guides. They include both indoor and outdoor activities such as handicrafts, camp-craft and outdoor cooking which not only enable the Guides to acquire new skills but also to explore the many wonders of nature.

With a serving heart and mind, the Guides also render their services in numerous community service projects within and out of school. Such projects include raising funds for the Girl Guides Association through the selling of Girl Guides cookies.

Depending on the national posture and prevailing safe-management measures, Guides can look forward to organising and executing the annual Secondary One orientation campfire, attending overnight camps where they will be sleeping under tents and collaborating with Guides and Scouts from other schools.

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<b>NATIONAL CADET CORPS (NCC) (Sea)</b>	
<b>Teachers-in-Charge</b>	Mr Tan Yee Ping (tan_yee_ping@moe.edu.sg), Mr Joel Chen & Ms Ong Yee Hwee
<b>Training Days/Time</b>	Wednesdays (3.00 pm – 6.00 pm) Ad-hoc Fridays for sea activities
<b>Venue</b>	CHIJ Secondary, Classrooms/Quadrangle

In the CHIJ National Cadet Corps (NCC) (Sea), we aim to nurture a community of Resilient, Responsible, and Relevant student leaders.

Being NCC cadets, they experience the joy of overcoming challenges through annual camps and courses which are held at the NCC Headquarters (HQ) campus. Some of these camps include Camp FORGE for Secondary Ones, Camp STEEL for Secondary Twos, Specialist Course for all Secondary Threes, Senior Specialist Leadership Course for the top 5 Secondary Three specialists. Our cadets will be continuously challenged to be the best that they can be through meaningful and adventurous military-related and sea activities.

CHIJ NCC (Sea) would be an avenue for them to not only be future-ready citizens, ready to serve and give back to the community, but more importantly, develop a sense of unforgettable camaraderie that they would cherish throughout their journey in CHIJ Secondary.

To serve with Pride and Dedication!

#### Our Achievements:

- NCC Sports Championship 2022: Soccer (Girls category) Champion, Captain's Ball (Girls category) 1st Runners-up
  - Pesta Sukan 2022: 2nd and 3rd Place (Girls category)
  - Unit Recognition 2021: Distinction
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<b>RED CROSS</b>	
<b>Teachers-in-Charge</b>	Ms Linda Cruz (linda_cruz@moe.edu.sg), Mr Saraln Ng & Mr Foong Sheng Hui Lionel
<b>Training Days/Time</b>	Wednesdays (3.00 pm - 6.00pm) Ad hoc Saturdays for competitions and training by Red Cross Youth (HQ)
<b>Venue</b>	CHIJ Secondary; Parade Square/Classrooms (R101 & R102)

In **CHIJ Red Cross Youth**, we aim to build a community of young leaders who are achievers, socially responsible and who embrace humanitarian values. The activities will encourage members to acquire lifesaving skills and habits when responding to emergencies, be socially responsible citizens and also instill a sense of global citizenship. CHIJ Red Cross Youth will thus be an avenue for members to make a difference through their activities, in helping to save lives at home, in the community and internationally.

The activities of Red Cross Youth will focus on the following:

1. First Aid Skills;
2. Blood Donation and Donor Recruiter;
3. Disaster Management;
4. Service Learning Programme;
5. Youth Leadership in Red Cross
6. In-campus First Aid duties or public duties for national and/or community events;
7. Training in Red Cross Knowledge,
8. Footdrill and Outdoor Activities;
9. Fund Raising.

Apart from training activities, **CHIJ Red Cross Youth** also organises recreational activities like bonding games, camps, heritage trails and outings for its cadets. Members are given the opportunity to develop their organisational and leadership skills by planning for their own activities and camps.

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## **VISUAL & PERFORMING ARTS**

<b>ARTS ALIVE!</b>	
<b>Teachers-in-Charge</b>	Mr Brian Ho (ho_hoe_kiong_brian@moe.edu.sg), Mr Marcus Liang & Mdm Laura Goh
<b>Meeting Days &amp; Time</b>	Mondays (3.00 pm – 6.00 pm)
<b>Venue</b>	CHIJ Secondary; Computer Lab 4 (Level 1)

**Arts Alive!** provides its member's opportunities to engage in the arts, through a range of platforms and group activities where they learn skills like creativity, self-expression, discipline, perseverance, risk-taking, open-mindedness and collaboration.

Students at **Arts Alive!** get to express, explore and evaluate different art forms while applying various materials and mediums. There would be art exhibitions and performances to offer them a window to the vibrant arts scene in Singapore, and to raise their cultural and aesthetic awareness. Beyond school, they interact with different community groups through the CCA VIA (Values-in Action) to share their knowledge and love for the arts.

2019-2020 Art sessions: Manga drawing, Felt art and Decoupage

2021 Art sessions: Pyrography, Cyanotype and Crochet

2022 Art Sessions: Linocut, Embroidery and Nagomi Art

### Our Achievements:

- Lantern Painting Competition – 3 Consolation Positions (2017), 1<sup>st</sup> & 3<sup>rd</sup> Positions, 4 Consolation Positions (2016), 1<sup>st</sup> & 2<sup>nd</sup> Positions, 4 Consolation Positions (2015), 1<sup>st</sup> & 3<sup>rd</sup> Positions, 3 Consolation Positions (2018)
  - Dyslexia Awareness Art Competition - (Mixed media Open category) - 1st Position & 5 Top 20 Positions (2019)
  - Public Transport Workers' Appreciation 2021 Colouring Contest (Shortlisted)
  - Best of Show award for the MTC Design For Good Youth Competition 2022
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<b>CHOIR</b>	
<b>Teachers-in-Charge</b>	Mr Titus Chang (chang_guang_rong@moe.edu.sg), Mrs Magdalen Low & Mrs Seah-Tay Hwee Kheng
<b>Training Days/Time</b>	Wednesdays (2.45 pm – 5:45 pm) Fridays (3.00 pm - 6.00 pm)
<b>Venue</b>	CHIJ Secondary, E- Studio

The award-winning **CHIJ Choir** is well known for its high standards both locally and abroad.

As an established Performing Arts group, the CCA continues to nurture confident choir members who are passionate in taking choral music into top-notch international competitions abroad. Choir girls have travelled to Sydney Australia, Hawaii USA, Xiamen China, Riva del Garda Italy (twice), Olomouc Czech Republic, Wales, Hong Kong (4 times), and Taiwan for international festivals and returned with top awards in all categories, in all countries.

In 2018 we were top in the Equal Voices Category, a Gold Award winner, and top 8 finalists in the Singapore International Choral Festival 2018. In 2022, the choir obtained 3 Gold awards for the Taipei International Choral Competition. Our members are disciplined, anchored in choral music and contribute substantially to school events and in-house performances.

The CHIJ Secondary Choir also anchored the 165th historical celebrations of the 11 Infant Jesus convents' combined choir at the National Stadium, 2019. Choir provides our graduating cohorts a solid platform for Direct School Admission to preferred Junior Colleges, on account of all-round high attainment levels and distinctions. In 2019 the choir obtained the Certificate of Distinction in the Singapore Youth Festival, and we obtained excellent appraisals for SYF 2021. Within convent grounds, the girls lead the school congregation in morning hymn and assembly, and on occasion, are in attendance to assist. Throughout Covid-19 years, 2020 and 2021, CHIJ Choir continued to be active, energetic and vibrant in video productions in both public and school-based presentations, jam sessions and competitions.

We wish to express our heartfelt thanks to all involved, for the dedication and hard work, that continually inspire Choir girls to give of their best at every local and international competition.

CONCERT BAND		
	Junior Band (For Sec 1s)	Main Band (For Sec 2s to 5s)
<b>Teachers-in-Charge</b>	Ms Samantha Chan (chan_yin_li_samantha@moe.edu.sg)	Mrs Teresa Francis (teresa_lee_mei_shih@moe.edu.sg ) Mr Chan Yew Choong Ms Balvinder Kaur
<b>Training Days/ Time</b>	Tuesday (3.00 pm – 6.00 pm) Friday (3.00 pm – 6.00 pm) (till July/August) <i>*Sec 1s will join the Main Band in July/August after Sec 1 Recital</i>	Monday (3.00 pm – 6.00 pm) Wednesday (3.00 pm – 6.00 pm) Friday (3.00 pm – 6.00 pm)
<b>Venue</b>	CHIJ Secondary, Band Room (St. Michael's Block Level 5)	

The Convent of the Holy Infant Jesus (CHIJ) Concert Band has distinguished itself as one of the most promising Secondary School Bands in Singapore and has staged numerous well-received performances. An established performing arts group in CHIJ Secondary, the Band was awarded the Certificate of Distinction at the 2015, 2017, 2019 and 2021 Singapore Youth Festival Arts Presentation for Concert Bands.

In 2014, 2016 and 2018, the Band was given the opportunity to perform at the Esplanade Concert Hall as part of the 'Limelight' series. In November 2018, the Band had the privilege of being invited to perform at the Istana for Her Excellency, President Halimah Yacob as part of the Deepavali Open House celebrations. Apart from performing outside of the school, the Band also plays an integral role in the aesthetics and cultural life within the CHIJ Secondary, with over a hundred girls participating in the band programme.

The Band hopes to inculcate **discipline**, **perseverance** and **GRIT** in our students as they pursue their passion for music. One of the Band's many aims is to help our students achieve their potential while maintaining the high standards of music. We have graduates who have done the Band proud by excelling in both their instrument as well as their academics, thus developing into well-rounded young women who are both smart and cultured.

In line with the school's motto 'Simple in Virtue, Steadfast in Duty', the band values commitment, diligence and continuous hard work above musical talent in its never-ending pursuit for musical excellence.

***"One heart, One mind, One band, One sound."***



<b>GUITAR ENSEMBLE</b>	
<b>Teachers-in-Charge</b>	Ms Joanne Tan (tan_pheo@moe.edu.sg), Mr Adrian Moh & Ms Sim Hoon Kuan
<b>Training Days/Time</b>	Mondays & Wednesdays (3.00 pm – 5.30 pm)  Saturdays (8:30am - 12:30pm) (Only when necessary for SYF or performances)
<b>Venue</b>	CHIJ Secondary Music Room

**CHIJ Guitar Ensemble** is an established ensemble that adopts the Niibori guitar system which exposes students to greater flexibility in music making. The Main Ensemble comprises of the Secondary 2s to 5s, and the Junior Ensemble comprises of the Secondary 1s.

Under the baton of Mr Frankie Shi and his team of dedicated instructors, CHIJ Guitar Ensemble clinched Certificates of Distinction in the Singapore Youth Festival Arts Presentation for Instrumental Ensemble in 2015, 2017, 2019 and 2021.

Besides participating in competitions, the Ensemble also performs at guitar concerts biennially. In 2012 and 2014, we partnered with our sister school CHIJ St. Joseph's Convent for the "*Une Famille*" concert. In 2016 and 2018 we collaborated with our very own Dance Ensemble and Choir to present an evening of dance and music.

2022 saw the Guitar Ensemble doing a video production of the "*Une Famille*" concert with the Concert Band, Choir and Dance Ensemble. The final production was showcased during the school assembly.

All girls are welcome to join the Guitar Ensemble, as having a music background is not a prerequisite. If you play a musical instrument like the piano or violin, come join us and enrich your music experience through playing the guitar. Our instructors aims to develop creativity and musical expression, performing soothing and beautiful melodies for all. All new members will be given the opportunity to perform together as a Junior Ensemble in school concerts.

If you are a committed individual who enjoys music, join us in bringing beautiful melodies to comfort the souls of all people.

<b>IJ DANCE ENSEMBLE</b>				
<b>Teachers-in-Charge</b>	Ms Chelza Chong (chong_jia_yu@moe.edu.sg), Mr Gary Tang & Ms Michelle Tay			
<b>Training Days/Time</b>	<b>Dancers (Technique)</b>	<b>Dancers (Choreography)</b>	<b>Dancers (Corrections &amp; Conditioning)</b>	<b>For competitions or performances</b>
	Mondays 3.00pm - 6.00pm	Tuesdays 3.00pm - 6.00pm	Wednesdays 3.00pm - 6.00pm	When necessary 3.00pm - 6.00pm
<b>Venue</b>	CHIJ Secondary, Celestial (Dance Studio)			

IJ Dance Ensemble (IJDE) is a versatile dance group whose signature style is contemporary with a strong Asian flavour. Our dancers are highly disciplined and committed to the art form. All dancers go through a rigorous training programme with a strong emphasis on technique. Held to high standards, dancers audition for a chance to perform for every performance. Besides actively participating in the biennial Singapore Youth Festival (SYF) Dance Showcase, IJDE has also been invited to perform at the Asian Youth Games (2009), Youth Olympics Games (2010) and National Day Parade (2012).

In 2017 and 2019, IJDE was awarded a Certificate of Distinction at the Singapore Youth Festival Arts Presentation for Dance in the International category for its Japanese-inspired piece, Pastoral Charm and The Simplest of Joys respectively. In 2019, the piece was also showcased at the Momentum Dance Festival 2019 organised by Republic Polytechnic, and Phenomenon TWO held at library@esplanade.

In 2018, IJDE participated in the CHIJ Secondary Art and Dance Twinning and Cultural Programme in Fukuoka, Japan. Dancers attended dance workshops that broadened their knowledge of Japanese culture and dance forms, and shared their experience with peers through a dance presentation.

In 2021, IJDE was awarded a Certificate of Distinction at the Singapore Youth Festival 2021 Arts Presentation for Dance (International Dance Category) (Secondary School Level) for its piece, The Hope of A Thousand Years- a piece that sets out to uplift the audience, it carries the message of hope for a brighter future, especially in these uncertain times.

<b>IJ THEATRE</b>	
<b>Teachers-in-Charge</b>	Ms Raquel Lim (lim_pei_hua@moe.edu.sg), Ms Tivona Low & Ms Siti Zainab Bte Zainal
<b>Training Days / Time</b>	Monday (3.00 pm – 6.00 pm) Wednesday (3.00 pm – 6.00 pm) Friday (3.00 pm – 6.00 pm)
<b>Venue</b>	CHIJ Secondary (Mon - Estudio, Wed & Fri -ARTSbox@IJ)

**IJ Theatre** trains its members in the multi-faceted aspects of theatre production. Our students are exposed to an array of theatre disciplines from acting to stage managing and from costume making to lighting design. We believe that a theatre production is a playground for learning, where passionate members build their knowledge of theatre and performance and grow their love for the craft.

We believe that there's a performer in all of us. A burning passion to express ourselves beyond the confinement of the common every day. IJ Theatre embodies a creative space which pushes students to discover and rediscover their true inner strides. Our most recent productions include 'UNDEFINED Graduation Showcase' (2022), 'The Silly Little Girl and The Funny Old Tree' (SYF Accomplishment, 2021), 'Cats, lost and found' (SYF Accomplishment, 2021), 'Jack and Jill' (SYF Distinction, 2019), 'Between the Devil and the Deep Blue Sea' (2018), 'Top Girls' (SYF Accomplishment, 2017), 'Red Hill' (2016) and 'Fished' (2015).

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## CLUBS AND SOCIETIES

<b>AUTOMATION AND ROBOTICS CLUB (ARC)</b>	
<b>Teachers-in-Charge</b>	Ms Afiqah Bte Jamaludin (nur_afiqah_jamaludin@moe.edu.sg), Mr Ang Hoot Woon & Mr Jason Ng
<b>Training Days/Time</b>	Mondays & Wednesdays (3 pm – 5.30 pm)
<b>Venue</b>	CHIJ Secondary; Computer Lab 2

Automation and Robotics Club (ARC) provides opportunities for students to pursue their passion in STEM (Science, Technology, Engineering & Mathematics) and make a difference to the world they live in. Technology has imbibed every part of our lives and the next big trend is Robotics and Artificial Intelligence (AI) solutions to automate robots to perform varied tasks. At ARC, we incorporated the use of Design Thinking by designing meaningful day-to-day solutions through the use of robotics.

Through this process, students will develop competencies in building and programming robots, as well as programming and piloting drones. Students also learn software programming which allows them to design online games and many other exciting outcomes. On top of all that, students are trained to have a growth mindset anchored by values such as entrepreneurial dare, grit and teamwork. We have managed to clinch several awards over the past few years at various competitions.

<b>Year</b>	<b>Name of Competition/Category</b>	<b>Award</b>
2019	ITE Robotics Challenge - Line Tracing	Merit Award
	ITE Robotics Challenge - Creative Challenge	Best Presentation Award
	Drone Odyssey Challenge	Best Project Presentation Award
2020	ITE Robotics Challenge - Creative Challenge	2nd Placed Overall & Merit
	ITE Robotics Challenge - Obstacle Avoidance	3rd Placed Overall
	Drone Odyssey Challenge - Coding Challenge	4 Students with Distinction (Cash Prize), 10 Students with Distinction Certificates
2021	Greenwave Challenge by Sembcorp	Certificate of Participation
2022	IDE Competition	2nd overall for IDE Maker and Best Engineering Award
	Drone Odyssey	3rd place for Cat B1 and C1 Best Presentation Award for Cat C1

<b>CHINESE CULTURAL SOCIETY (华艺社)</b>	
<b>Teachers-in-Charge</b>	Mr Li Zheng Jun (li_zhengjun@moe.edu.sg) & Ms Ma Lei (ma_lei@moe.edu.sg)
<b>Training Days/Time</b>	Wednesdays (only before SYF) & Fridays (3.00 pm – 6.00 pm)
<b>Venue</b>	Indoor Sports Hall, Celestial (Dance Studio)

CHIJ CHINESE CULTURE SOCIETY engages itself enthusiastically in Chinese culture largely through activities such as Chinese dance, Chinese Drama, Chinese Wushu, Chinese calligraphy, Chinese culinary arts etc.

Students will also gradually gain more confidence in their knowledge and skills and serve as ambassadors of Chinese culture in CHIJ, where they have the opportunity to helm activities, such as during Chinese New Year, the Mid-Autumn Festival, etc.

In the biennial Singapore Youth Festival Arts Presentation for Chinese Drama, CHIJ CHINESE CULTURE SOCIETY successfully obtained a Gold with Honours in the year 2011 and obtained a Certificate of Distinction in 2013 and 2017, and obtained Accomplishment in 2019. In 2021 SYF for Chinese Dance, we obtained Accomplishment.

The CHIJ CHINESE CULTURE SOCIETY experience provides an avenue in which the girls learn the true meaning of ‘perseverance’, one of five important school values, which help shape a Woman of Distinction.

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<b>DEBATING &amp; ORATORY SOCIETY</b>	
<b>Teachers-in-Charge</b>	Ms Claudia Ng (claudia_antoinette_ng@moe.edu.sg) & Mrs Angeline Yeo (heng_mui_woon_angeline@moe.edu.sg)
<b>Training Days / Time</b>	Wednesday (3.00 pm – 6.00 pm) Friday (3.30 pm – 6.30 pm)
<b>Venue</b>	Wednesdays & Fridays - CHIJ Secondary, Shared Rooms 1 & 2 (G301, G302) <i>There will be online sessions for the last week of each month (either one or two sessions) which will be conducted on zoom. The DOS President will send reminders via email.</i>

### Debating and Oratorical Society

The **CHIJ Debating and Oratorical Society** is an active society that participates in numerous competitions annually. While our society is invited to several competitions every year, we participate in the ones that offer our debaters a good platform to engage at the highest level of debating as well as receive poignant feedback and adjudication so that they may develop and learn.

With online competitions being a common occurrence since 2020, we have taken part in more international competitions which offer rich learning to our debaters, giving them opportunities to hone their craft as well as engage with students from different parts of the world. Alongside a rigorous and intensive curriculum, every girl in the society is given the opportunity to sharpen their intellect and critically assess events that shape the world we live in. Each debater is expected to devote time outside of CCA sessions to engage in discussions with her team on motions for training and competitions as well as craft original speeches.

Through the development of oratorical skills, students learn to stand and deliver their arguments with confidence and finesse in person as well as via video-conferencing platforms.

**Sign-up for trials is necessary. You must email the teachers-in-charge if you did not manage to sign up during the CCA Orientation.**

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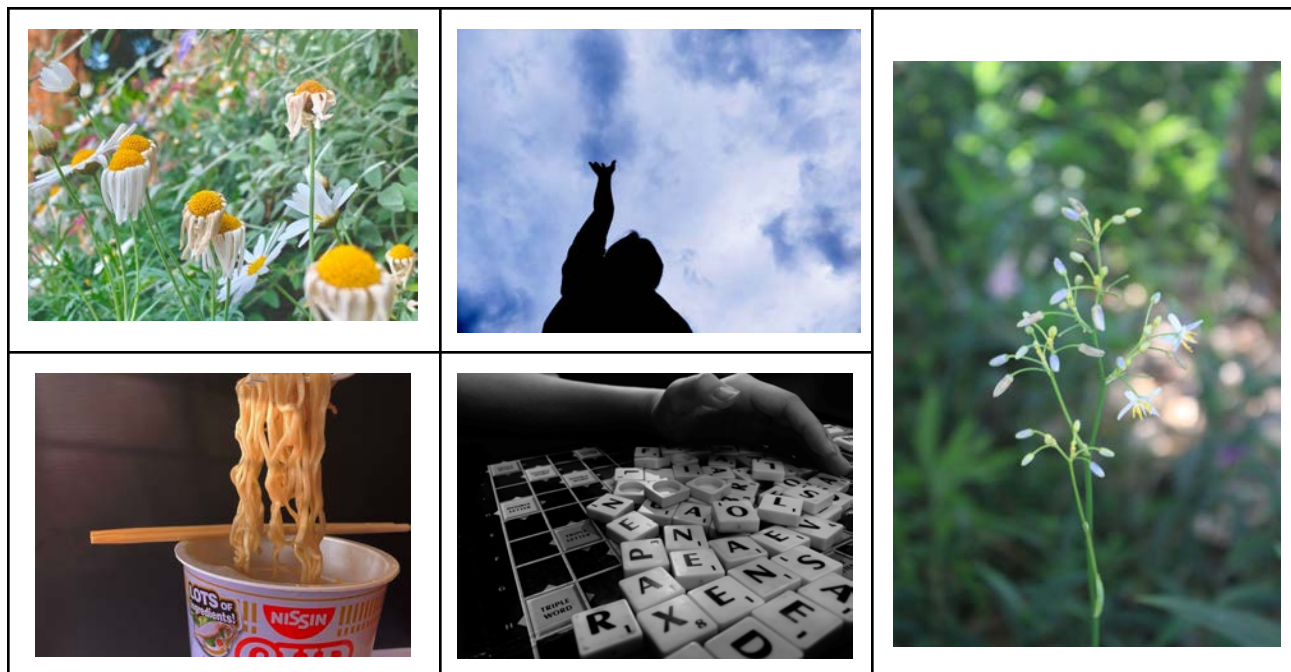
<b>IJ MEDIA CLUB</b>	
<b>Teachers in Charge</b>	Ms Bernice Loon (loon_jia_hui_bernice@moe.edu.sg), Ms Sandra Yam & Ms Nur Ain Ghaffar
<b>Training Days/Time</b>	Wednesdays (3.00 pm – 5.30 pm)
<b>Venue</b>	CHIJ Secondary - Library Computer Lab

**IJ Media Club** provides the opportunity for students to be involved in photography, videography, as well as the setting up of audio-visual systems to support school-wide events and activities. Members will be trained in the handling of DSLR cameras, mobile photography and videography, and the post-production of their works through editing tools such as Adobe Photoshop and iMovie. Ample hands-on learning opportunities will also be provided for members with at least two outdoor field shoots organised in a year.

All IJ Media Club members are encouraged to participate in national and international photography and videography competitions to gain greater exposure. Some competitions that our Media Club members participated in 2022 include the N.E.mation! storyboarding competition and the SYFgoesOnline! 2022 Pixel Perfect.

IJ Media Club welcomes all who are keen to explore and deepen their interest in photography and videography.

Here are some photographs taken by our IJ Media Club members





<b>IJ YOUTH MISSION</b>	
<b>Teachers in Charge</b>	Mr Ernest Leong (leong_wing_yew_ernest@moe.edu.sg) & Ms Angela Lim (lim_yin_poh@moe.edu.sg)
<b>Meeting Days / Time</b>	Wednesdays (3.00 pm – 5.30 pm) and selected Thursdays
<b>Venue</b>	CHIJ Secondary, Pascal Cafe -Ga401

**IJ Youth Mission** provides an enabling environment for girls to recognize and promote the dignity of human persons, especially the disadvantaged. **IJ Youth Mission** is transformed by the experience of servant leadership. The objectives of the CCA are to develop the social, cognitive, emotional, physical and spiritual well-being of youths.

All **IJ Youth Mission** members in the school are given opportunities to work together with four other IJ Schools, CHIJ St. Nicholas, CHIJ St. Teresa's, CHIJ St Joseph's and CHIJ Katong. The bond that this CCA shares is the IJ mission that belongs to all the IJ schools.

All members participate in the annual IJ Youth Mission Inter-school Competition to showcase their community service and programme for the year. The IJ Youth Mission (CHIJ Secondary) has attained the Certificate of Distinction from 2014 to 2019 and 2022 (No competitions from 2020 to 2021 due to Covid restrictions).

During the year, a wide range of activities are conducted for members: Community Service, Reflection on Talk or Videos, Fundraising for the Needy, Home Visits, Camps and Development of Personal Skills through craft works and other activities.

Join the **IJ Youth Mission** to acquire inner strength and character as well as to discover the meaning and purpose of serving the community.

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<b>iGrow@IJ</b>	
<b>Teachers in Charge</b>	Ms Karina Lalchand Sheri (karina_lalchand_sheri@moe.edu.sg) & Mr Harry Goh (goh_poey_huat_harry@moe.edu.sg)
<b>Training Days/ Time</b>	Wednesdays (3.00 pm – 5:30 pm)
<b>Venue</b>	CHIJ Secondary, Classroom & School Garden

Pioneering in 2022, iGrow@IJ is a young CCA at IJ which aims to bring awareness of the need to nurture sustainability practices among students as inhabitants of our planet. Through various activities, projects and workshops, students will foster an understanding of how to champion environmental causes and thereafter become stewards among their peers, inspiring them to do the same.

iGrow@IJ offers a wide range of hands-on activities for students to participate in, such as mending designated plots of the school garden, participating in workshops and learning journeys to deepen their understanding of sustainability practices as well as planning and organising outreach activities in school. Through our partnership with Nature Society Singapore, members of this club will also have the opportunity to explore the biodiversity within the school campus through regular participation in citizen science surveys, contributing to invaluable information gathered about the presence of urban biodiversity in Singapore.

iGrow@IJ welcomes all students with a passion and interest for environmental stewardship and provides an opportunity for students to deepen their own knowledge, understanding and appreciation for the natural world and it's importance in our lives.

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<b>LEGION OF MARY (as 2<sup>ND</sup> CCA ONLY)</b>	
<b>Teachers in Charge</b>	Mr Geraint Wong (wong_hsien-yi_geraint@moe.edu.sg) & Ms Linda Cruz
<b>Training Days/ Time</b>	Thursdays (3.00 pm – 4.00 pm)
<b>Venue</b>	CHIJ Secondary, School Chapel

The **Legion of Mary** was founded in Dublin, Ireland, on 7 September 1921, by Frank Duff. It is a lay Catholic organisation present in about 170 countries whose members serve the Church and their neighbours on a voluntary basis. The objective of the Legion of Mary is to glorify God through the holiness of its members developed by prayer and active cooperation in Mary's and the Church's work.

At CHIJ Secondary, we have one Legion praesidium: Our Lady of Graces Junior Praesidium. Every meeting includes the Rosary, spiritual reading and sharing. Legionaries cultivate their spiritual growth through these weekly prayer meetings and regular contact work in the form of outreach. They also assist at school Masses and conduct the daily Chapel Morning Prayer. The Praesidium also participates in monthly Curia meetings and fellowship programmes with Junior Praesidia of other Catholic schools in Singapore.

The Legion of Mary invites students who are interested in praying together and serving the school in its various spiritual activities. Join the Legion of Mary to have an enriched spiritual and prayer life and discover what God has in store for you!

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## **Frequently Asked Questions (FAQs)**

### **1. Which CCAs require trials and which do not?**

There are CCAs that require you to pass trials/auditions before you can join the CCA. There are also CCAs that conduct try-outs for Sec 1s to experience the CCA, but the Sec 1s need not pass the try-out to join the CCA.

The full list of CCAs that require trials/auditions, or conduct trials, can be found on Page 2

### **2. Do DSA Students need to participate in the CCA Trials/Auditions or submit our CCA Choices?**

DSA Students do not need to participate in the trials/auditions. It is also not necessary for them to submit their CCA Choices, as their CCAs have been fixed, according to the talent areas that they entered the school by.

### **3. Are Sec 1 students allowed to start CCA training before the final CCA Allocation results are announced/put up?**

If Sec 1 students would like to start training with the CCA (before the final CCA Allocation), they should approach Mr Daryl Chan for his permission individually first.

### **4. Can we appeal to join another CCA, after our final CCA Allocation is announced?**

Students can appeal, but transfers will only be approved on a case-by-case basis, based on the circumstances provided, as well as the availability of places in the desired CCA.

### **5. What should I do if I would like to change my CCA, after a few months in the CCA?**

- a. Speak to your CCA teacher and see if the concerns can be worked out.
- b. Continue attending your CCA until May or October, before approaching Mr Daryl Chan to discuss a possible change of CCA.
- c. Do take note that a change of CCA may have an adverse effect on your LEAPS2.0 grades.

CCA Stickers		

CCA Stickers		

**CCA Booths Attended**


CONVENT OF THE HOLY INFANT JESUS SECONDARY  
(TOWN CONVENT)  
POST 626 Lorong 1 Toa Payoh Singapore 319764  
WEB [www.chijsec.edu.sg](http://www.chijsec.edu.sg) EMAIL [chijtpss@moe.edu.sg](mailto:chijtpss@moe.edu.sg)  
PHONE 6353-4972 FAX 6354-4573