

# WE WELCOME YOU!



## **FREEDOM** THROUGH **COURAGE** **CHIJ St. Theresa's Convent Open House 2025**



15th November 2025 • Saturday • 8.30am to 12.30pm

160 Lower Delta Road • Singapore 099138



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty

# CHIJ St. Theresa's Convent



Sharing by  
Mrs Jenny Leong  
Principal



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty

# CHIJ St. Theresa's Convent

## MISSION

To create a Christ-centred school community where all work together for the promotion of love, truth, justice and freedom, with special reference to the needs of persons who are disadvantaged in any way.

## VISION

We are a community of Leaders and Learners  
for God and for Others.

## SCHOOL VALUES

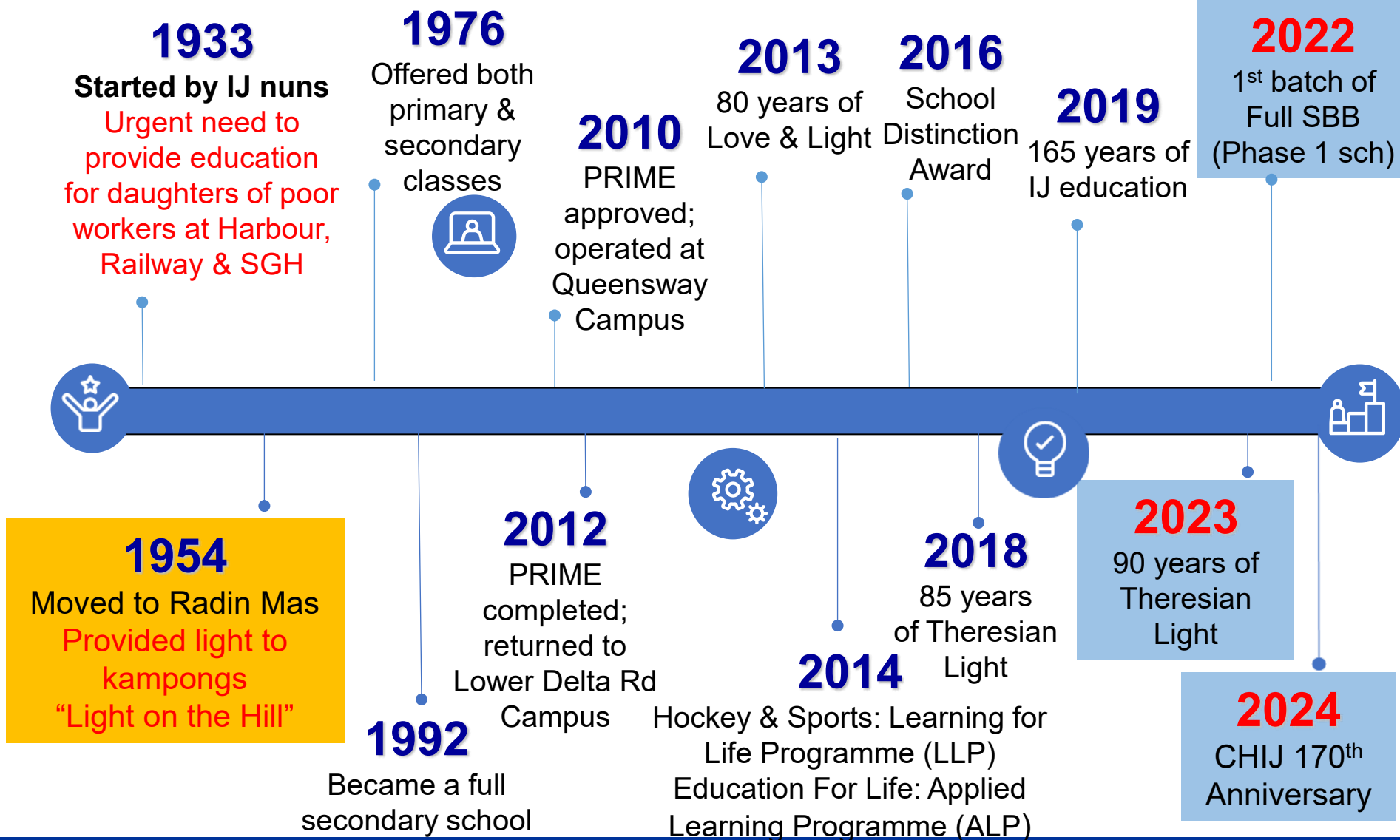
LOVE, TRUTH, JUSTICE, FREEDOM



# Theme for 2025 – Based on School Values



# Milestones in our School's History



# Every child will be developed holistically to realise her God-given talents and potential

## Our Belief



Every child is a gift who develops as a leader and learner for God and for others



## Our Promise



Every Theresian is A Light to Others



# Our Theresian Student Portrait

A **resilient** and **self-directed learner** who demonstrates commitment to lifelong learning



An **adaptable and future ready learner** who demonstrates 21st century competencies



A **lady** who demonstrates  
**Love, Truth, Justice and Freedom**  
in words and deeds



A **leader** who goes beyond self to **uplift** others, **particularly the disadvantaged**



A **leader** who strives for the **betterment of the community and the nation**

CHIJ St. Theresa's Convent



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty

# Vibrant STC School Life



**House Practices @ Hockey Pitch**



**Catholic Activities @ Chapel**



**National Day Celebration @ Hall**



**After School Engagement @ Lighthouse**



# Vibrant STC Life

**Kayaking Programme**



**Sec 1 CCA Trials**



**Sec 1 Green Gardening Programme**



**STC Bazaar**  
By Student For Students  
Learning Festival



# Uniquely Theresian Programmes

## Education For Life (EFL) – STC's Flagship Programme

For the learning & development of 21<sup>st</sup> century skillsets through the ALP and LLP

“

Majella De Asis, 1B (2024)

*For me, the most memorable experience was the class performance preparation. I learnt how to get my classmates' attention by observing my coaches - I just had to ask. If I stayed in primary school, I don't think that I would have had that **opportunity to improve my leadership**. I also learnt that I **could communicate my thoughts and feelings quite well**. I use phrases like 'I felt', 'What I think', etc. which feels more objective while avoiding saying things like 'You were', 'I know', etc. which can come off as quite offensive and mean. Overall, **EFL made me more self-aware**.*

”



Leader

Sec 1 Urban Farm Tour



Sec 1 Cycling Expedition



# Uniquely Theresian Programmes

## Education For Life (EFL) – STC's Flagship Programme

For the learning & development of 21<sup>st</sup> century skillsets through the ALP and LLP

Sec 4 & 5 Dragon-boating



Sec 3 Nature & Heritage Tour



Learner

“

Esther Tan, 3D (2025)

Through this EFL programme, I discovered that I am **more open to learning from different perspectives and experiences** than I initially thought. Whether it was understanding different religions in Quest for Harmony or hearing stories of resilience in the Honour Learning Journey, I realised that **I can adapt and find meaning even in unfamiliar situations**. In the future, **when I face challenges**—whether in school or life—I will tap into this strength by **keeping an open mind, listening to others' experiences, and using their insights to navigate my own struggles**.

”



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty

# STC's Applied Learning Programme (ALP)

Developing problem solving, research and communication skills through interactive and authentic learning experiences across disciplines

- **Sec 1** – History, Geography, Literature, Science/ Green Programme
- **Sec 2** – Project Work (STEM – Coding with IMDA, Sustainability)
- **Sec 3** – Social Studies (Inclusive Society)

“Serena Kwan , 2B (2024)

During my project work, I **developed problem-solving skills** by tackling various challenges that arose throughout the process. We conducted research to understand the extent of water wastage. This involved gathering data on water usage in different parts of the school, analyzing patterns of waste, and studying successful water-saving technologies used in other schools and communities. By engaging in these steps, I **enhanced my ability to systematically approach and resolve complex problems**, a skill that is invaluable in both academic and real-world settings.



Sec 2 Project Work



Sec 1 Geographical Investigation



Learner



Sec 1 Science Learning Journey



Sec 1 Civic District Trail



# STC's Learning For Life Programme (LLP)



Developing Self-Directed, Confident and Resilient  
Leaders, Learners and Ladies through Sports and **HOCKEY!**



# Strong Tradition of Sporting Excellence



**National 'B' Division  
Hockey Championships -  
1<sup>st</sup> Runner Up (2023),  
3<sup>rd</sup> Runner Up (2024),  
1<sup>st</sup> Runner Up (2025)**



**National 'B' Division  
Taekwondo Kyrogi  
Championships - Champion  
(2023, 2024)**



**2025 Netball 'C'  
Division Speed  
Carnival – 2<sup>nd</sup>  
Runner Up**



**Track and Field  
2025 Erovro Relay  
Championships  
Women 4x200  
Meter Relay, C  
Division – 2<sup>nd</sup>  
Runner Up**



# CHIJ St. Theresa's Convent



**STC Hockey Pitch, Netball Court (New Sheltered Court)**



# Student Leadership Programme



**Developing strong personal mastery, social-emotional competencies & social responsibility. STC aims to shape Theresians into LEADERS of good character.**



# Education and Career Guidance



Singapore General Hospital



ITE Central



Rolls Royce Company



Sembawang Country Club



A-Star Technology



**Industry Learning Journeys & Tertiary Higher Learning**  
- to understand the world beyond the school gates.



# Developing future ready learners



**Sec 1 Code for Fun: Computational thinking and Coding to solve real world problems.**

**Partnership with an A\*STAR scientist who shared with our Sec 1 students on his work as a scientist on Quantum sensing.**



# Inculcation of CHIJ Values through VIA



**Nurturing Theresians to be Persons for God and for Others  
“Be a Light to others” and “Do small things with Great Love”**



# Internationalisation @ STC

The school has 2 overseas programmes:

## 1. Kuala Lumpur, Malaysia

Nov 2025: Cultural and economic study trip

## 2. Yokohama, Japan

March 2025: Students from Yokohama Futaba High School visited STC



# Twinning Programme @ STC

March 2025: Students from Shizuoka and Yokohama Futaba Schools visited STC

Late May to June 2025: STC students visited Yokohama Futaba School

STC students visited Mother Mathilde's grave.



Yokohama Futaba School  
In Japan



# Reflections from Sec 1 students on transition to STC

## Venice Rafaelle Tungul Lopez, 1G 2025 from Woodlands Ring Primary School

*"The transition from primary to secondary school came with challenges I didn't expect, like **having more subjects and responsibilities to juggle**. What was even harder was joining a school where most girls already knew one another, while I didn't know anyone. At first, I felt out of place, but my classmates and fellow Theresians welcomed me warmly. Their kindness taught me that challenges don't have to be faced alone — with **support, respect, and love**, you can overcome anything together."*

## Victoria Yun Ruo Xi 1E, 2025 from CHIJ OLQP

*"When I first joined the band, I struggled with music theory and reading scores, but with my **seniors' guidance and my own determination**, I improved and even performed for National Day and at Radin Mas Community Centre. Through these experiences, I've learned to be more **independent, responsible, and confident** - thanks to the amazing people who make STC such a **warm and supportive place**."*

## Maia Hin Heikal, 1A 2025 Henry Park Primary School

*"I had the opportunity to be a Green Ambassador, where I **led and supported my team** in the Green Bazaar. Together, we raised awareness about climate change, taught others how to conserve resources, and gave students hands-on experience in seed planting."*



# Reflections from Sec 1 students on transition to STC

## Gavlyn Ng, 1C 2025 CHIJ (Kellock)

*“Transitioning from primary to secondary school has been a meaningful journey. I’ve made many **caring friends and met teachers who inspire me with their love, resilience, and empathy.** Though adjusting to longer school hours was challenging at first, the support of my teachers and peers helped me **adapt and grow stronger.**”*

## Ophelia Lee Yu Fei, 1B 2025 CHIJ OLQP

*“I appreciate the many **new experiences and opportunities** at STC. In primary school, we rarely had carnivals or school events, so I was pleasantly surprised by IFD and the many carnivals held in just the first semester. I also enjoyed going for concerts and drama plays, such as the Sun Wu Kong learning journey and PABL at the Esplanade. Without these experiences, I wouldn’t have been exposed to theatre and concerts at my age. At first, it was challenging to fit in and find friends I could trust, but over time, I built **strong friendships** and learned to recognise **the positive people in my life.**”*



## Start of S1

Full SBB

**All students offer the following subjects in lower secondary:**

English Language (EL)	Students' Posting Groups will guide the initial subject levels students offer at the start of S1.
Mother Tongue Language (MTL)	
Mathematics (MA)	
Science (SCI)	
Humanities (HUM)	
Art	Common Curriculum Subjects
Design & Technology (D&T)	
Food & Consumer Education (FCE)	
Music	
Physical Education (PE)	
Character & Citizenship Education (CCE)	

**Offering Subjects at More Demanding Level (MDL)**

Eligible students can offer EL, MTL, MA and SCI at MDL based on their PSLE Achievement Level (AL) for each of these subjects.

Indicative Level of Most Subjects at Start of S1	PSLE Standard Grade	PSLE Foundation Grade	Option to offer subject at
G1	AL 5 or better	-	G3 / G2
	AL 6	AL A	G2
G2	AL 5 or better	-	G3

## End of S1

Students will progress to S2 and offer subjects at existing subject levels.

Students who have done well may offer subjects at MDL in S2, based on school's holistic considerations.



# PSLE score range based on 2025 Sec 1 Posting Data

2025 Sec 1	Posting Grp 3	Posting Grp 2	Posting Grp 1
CHIJ STC Affiliated Students	11-20	21 - 25	26 – 28
CHIJ STC Non- affiliated Students	8 - 12	21 - 23	25 - 30*

\* The last posted student had a PSLE score better than 30. However, as the school still had vacancies after S1 posting, its cut-off point is reflected as 30 as it could have admitted a S1 eligible student with PSLE score of 30.

**Please note that PSLE score range varies from year to year.**

**CHIJ Kellock and OLQP students must indicate**

**CHIJ STC as first choice, if they wish to enter our school using the affiliated students' cut-off points.**



# Non-Tamil Indian Languages (NTIL)

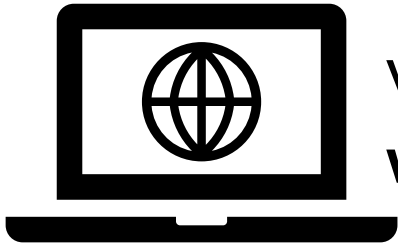
Please note that **Non-Tamil Indian Languages (NTIL) lessons are not conducted** in CHIJ St. Theresa's Convent.

Students who are taking NTIL will go to designated schools for their lessons. For more information on NTIL matters, please refer to Board for the Teaching and Testing of South Asian Languages (<http://www.bttisal.com>).

For questions related to Mother Tongue Languages, pls approach HOD MTL Mdm Lee Chai Yen ([lee\\_chai\\_yen@moe.edu.sg](mailto:lee_chai_yen@moe.edu.sg)) or Level Head, Chinese Language Ms Ng Say Hong ([ng\\_say\\_hong@moe.edu.sg](mailto:ng_say_hong@moe.edu.sg)) or SH Student Leadership and Student Discipline Ms Zaynab Bt Abdul Rahman ([zaynab\\_abdul\\_rahman@moe.edu.sg](mailto:zaynab_abdul_rahman@moe.edu.sg))



# If you want to find out more:



Visit our school website:  
**[www.chijsttheresasconvent.moe.edu.sg](http://www.chijsttheresasconvent.moe.edu.sg)**



chijstc.sg

Follow

662 posts

4,135 followers

13 following

CHIJ St. Theresa's Convent  
160 Lower Delta Road  
Singapore 099138  
@ www.chijsttheresasconvent.moe.edu.sg



Open House 25



Newsletter #2



Theresian



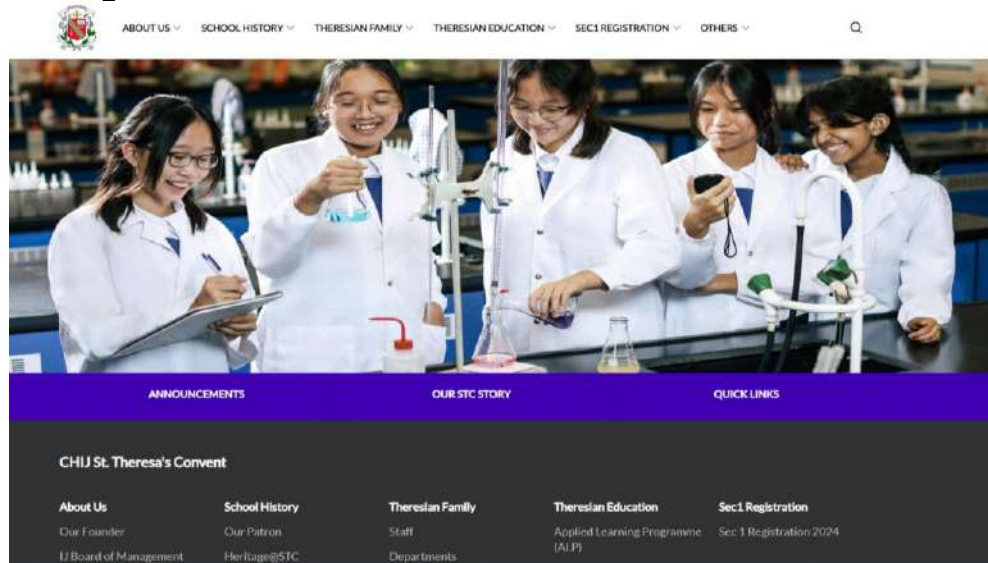
Central EXCO



Newsletter



EFL 2025



Follow us on IG for more updates:

**@chijstc.sg**

## Yearbook & Theresian Newsletter

To All Theresians

The latest edition of our STC newsletter  
***Theresian Threads*** is out!

Grab your copy now at [for.edu.sg/tt2-2025](http://for.edu.sg/tt2-2025)



OUR TAPESTRY OF TIES AND TALENTS

**THERSIAN THREADS**  
Mental Wellness

SEMESTER 2 | ISSUE NO. 2

Articles on STC role models, exclusive interviews with teachers, parents and alumni, and more!

Scan this QR code



**CHIJ St Theresa's Convent**

Simple in Virtue  
Steadfast in Duty

# CHIJ St. Theresa's Convent



Our students are the captains of their own boats;  
we are the lighthouse guiding them to find their way, their strengths  
and their skills through their secondary school years.



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty