



# Canossa Newsbites

July 2024

## Home News

**We welcome to the Canossian Family the following teachers:**

- Ms Chai Min Yee
- Mrs Sarah Quek
- Ms Sylvia Chua Hui Lin
- Ms Nurhaliza Binte Abdul Kari
- Mdm Nurhuda Binte Abu Bakar

### ***Did You Know?***

Resilience can be defined as the capacity of an individual to prepare for, withstand, adapt and progress in the face of adversities, with the support of a community.

To read the full article, visit:  
<https://www.todayonline.com/commentary/building-resilience-singapores-youth>

**Accendi La Vita**  
(Set Life On Fire)



“ Let us

**do what we can**  
and  
**not get anxious**

about what we cannot do.”

- St. Magdalene of Canossa

**School Mission**  
Nurturing each in his / her own way by forming hearts, enlightening minds and empowering spirits to live in The Way, The Truth and The Life

**School Vision**  
Leaders of Hope  
Sowers of Change

**Core Values**  
Charity, Humility, Forgiveness, Faith

## Back to School Prayer



*Dear God,*

*With a grateful heart, I embrace this Semester –  
With all its wonderful, exciting activities and events.  
With all the amazing learning I will experience.  
With my beautiful Canossian family.*

*Grant me always a healthy body, a healthy mind –  
A positive attitude, a growth mindset.  
A humility and courage to try all things.  
Love and compassion to help all beings.*

*With a grateful heart, I enter this Semester –  
Knowing I still must grow!  
Knowing I can make wherever I am a loving place!  
Knowing that I will always be the best version of myself!*

*Thank You, God, for a beautiful Semester 2!*

### *Did You Know?*

It is recommended for children to draw strength from this technique called *I Have – I Am – I Can.*

When children and youths face problems, parents can employ this method through listening, and providing a safe psychological space for them to share their troubles.

By adapting the above technique to each individual and exploring ways to accept and overcome problems, resilience can be built up over time.

To read the full article, visit:  
<https://www.todayonline.com/commentary/building-resilience-singapores-youth>

**Accendi La Vita**  
(Set Life On Fire)



“**Real peace** cannot be found if **we do not trust God completely.**”

- St Magdalene of Canossa

## Calendar of Events (July)

Date	Events	Remarks
24 June – 28 June	Adventure Week Part 2	School hours as per normal.
26 June – 28 June	P5 Camp	
30 June	Youth Day	Sunday
1 July	Youth Day	School Holiday
3 July	Temperature Taking Exercise	Students to bring a working thermometer starting from 26 June.
9 July, 11 July	P6 Prelim Oral (EL/ MT)	After school (more details will be given at a later date)
18 July	Racial Harmony Day Celebration	School hours as per normal.
26 July	Family Mass	
8 August	National Day Celebration and Observance Ceremony	Dismissal at 10.30am
9 August	National Day	Public Holiday

## P6 Preliminary Examination

Date	Events	Remarks
9, 11 July	P6 EL & MT Oral	After school
23 July	P6 EL & MT Listening Comprehension	During school hours
19 August	P6 EL Papers 1 & 2	
20 August	P6 MA Papers 1 & 2	
21 August	P6 MT Papers 1 & 2	
22 August	P6 SC	
23 August	P6 HMT Papers 1 & 2	

## PSLE 2024

Date	Events
13-14 August	P6 EL & MT Oral
13 September	P6 EL & MT Listening Comprehension
26 September	P6 EL Papers 1 & 2
27 September	P6 MA Papers 1 & 2
30 September	P6 MT Papers 1 & 2
1 October	P6 SC
2 October	P6 HMT Papers 1 & 2