

# PSG NEWS LETTER

CEDAR GIRLS' SECONDARY SCHOOL  
PARENT SUPPORT GROUP

OCT-DEC 2020  
ISSUE NO. 4

**Dear Parents,**

As we come to the end of an unprecedented Covid-19 pandemic school year, in which safe distancing, wearing masks, frequent hand cleaning and HBL have become the new normal, let's look at the upside of it: the opportunity to spend quality time with family. To unwind during the holidays, this issue has some gardening ideas (page 2), a holiday recipe (page 3), a recap of the school year (page 4) and a section on gratitude (pages 5 and 6). Happy holidays!



## Happy Holidays!

Staying home these holidays? Here are some fun ways to flex those green fingers.

### NEA's 'Gardening with Edibles' initiative

The seed-packs you received from NEA is a good start to cultivate a green thumb. Growing more of these organic vegetables helps you to become healthier - the veggies are more nutritious and you are staying active. You are also helping the environment by reducing your carbon footprint.

See next page for more tips on growing microgreens.



### WHO ARE WE

We are the Parent Support Group (PSG) of Cedar Girls' Secondary School

### MISSION

To support the school in the holistic development of all Cedarians and nurture them to be Leaders of Character

### VISION

Partnering the school to bring out the best in our daughters

## HOLIDAY GARDEN PLAN

# Growing **microgreens** is as easy as **ABC**



*Mustard microgreens*



*Green mung beans microgreens*

You may use any plastic tray or disposable fruit boxes, layer a couple of kitchen tissues and place some soaked mung beans or sprinkle some mustard seeds.

They can easily grow on a soilless medium with minimal water. Reap your nutritious harvest within a week.

Enjoy them in scrumptious salads, delicious stir fries, omelettes or in any dish your family cooks!

If you are a newbie to gardening, here are more tips:

<https://www.nparks.gov.sg/gardening/gardening-resources>

## Let us Kokedama

Where nature and art culminate, we admire and cherish! A kokedama is a living organic plant sculpture, suspended in its own ball of soil wrapped in moss or coconut fibre and held together with string. It translates to '**moss ball**' in Japanese.

A display of several such dangling moss-balls is called a 'string garden'. These spherical novelties make wonderful personalised gifts as well as conversational pieces for homes.

There are a lot of DIY kokedamas ideas available. They are beautiful, easy to maintain and this hobby is economical and meditative as well!



Give kokedama a try!

<https://www.nparks.gov.sg/gardening/gardening-resources/diy-gardening-crafts-videos>

## HOLIDAY RECIPE

# Fudgy brownies anyone?

## A delish treat you can't resist

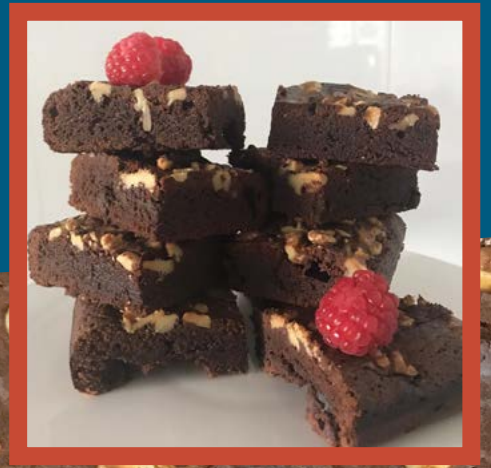
### INGREDIENTS

- ❑ **90g** unsalted butter
- ❑ **100g** bitter sweet or dark chocolate (40% to 53%), chopped into small pieces
- ❑ **100g** caster sugar
- ❑ **50g** brown sugar
- ❑ **2** eggs (approximately 60g each)
- ❑ **8g** (1 ½ tsp) vanilla extract
- ❑ **½ tsp** salt
- ❑ **60g** all purpose or plain flour
- ❑ **25g** (2 ½ tbsp) cocoa powder
- ❑ **50-60g** walnuts or pecans (optional)

**PORTION: Makes a 7x7-inch square pan**

### METHOD

- 1** Grease a 7x7-inch square baking pan with softened butter, then line it with baking/ parchment paper with overhang so that you can lift the brownies easily later.
- 2** Combine butter and chopped chocolate in a metal bowl and place it over a small pot filled with simmering water. Do not let the metal bowl come in contact with the water.
- 3** After 5 to 8 minutes, gently whisk until chocolate and butter are fully melted and form a smooth and shiny ganache.
- 4** Remove from heat and set aside till later.
- 5** Preheat the oven to 180°C.
- 6** Combine caster sugar, brown sugar and eggs in a large bowl. Whisk until sugar is fully dissolved. **TIP:** Check between your thumb and finger. You shouldn't feel any sugar granules.
- 7** Add salt and vanilla extract, mix well.
- 8** Pour chocolate ganache mixture into the egg-sugar bowl. Use a spatula to fold until well combined.
- 9** Sift the flour and cocoa powder into this chocolate-egg-sugar mixture and fold gently until just combined. Do not over mix. It should be thick pouring consistency.
- 10** Add extra chocolate bits or nuts if you prefer.
- 11** Pour the batter into the lined baking pan and smooth the top with a spatula.
- 12** Bake in the middle rack for 20-25 minutes. **TIP:** When a toothpick inserted comes out with a few moist crumbs, the brownie is done!
- 13** Remove pan from oven. After 5 minutes, lift brownies out and place on cooling rack. Wait until the brownies are completely cooled before cutting into squares.



**TIP:** The brownie is ready when the surface achieves a 'shiny and crackly top'.

Recipe courtesy of Adrienne Chin, PSG baking enthusiast.

## 2020 RECAP

# Highlights of the school terms and a roundup of PSG activities

### TERM 1

2 JAN - 13 MAR 2020

#### PSG Newsletter

Our new initiative in Term 1, 2020 to reach out to and connect with parents during the Covid-19 pandemic situation when all PSG school activities had to be suspended.



### TERM 2

23 MAR - 4 MAY 2020

#### Home Based Learning (HBL)

When the unprecedented Circuit Breaker period started in April, students and teachers had to quickly adapt to HBL.



### HOLIDAYS

5 MAY - 1 JUN 2020

#### PSG's Mother's Day Online Baking Workshop:

Cedarians and their moms had a great time baking scones, playing trivia games and a Kahoot quiz.



### TERM 3

2 JUN - 4 SEP 2020

#### New Normal at School

Students returned to school adapting to the new normalcy of wearing face masks, taking their temperature daily and washing their hands frequently.

#### Teachers' Day

Customised leather bookmarks sourced from local charity for people with disabilities, SPD (Serving People with Disabilities) were gifted to school staff as a small Teachers' Day token of appreciation from PSG.

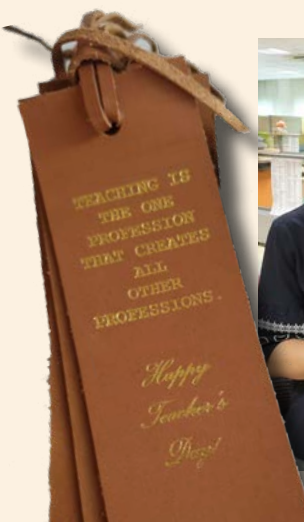


### TERM 4

14 SEP - 20 NOV 2020

#### Exam Care Packs

Goodies and motivational cards were given to all Cedarians by PSG to let them know we care for them and to encourage them during the stressful end-of-year exam period.



## THOUGHTS

# 'What am I most grateful for in 2020?'

Parents and students express their appreciation

"For the year 2020, I learnt to be thankful for things that are often overlooked - like a roof over my head, having food on the table and having a family to be with.

"This year, I'm extra thankful to be with my children and family during the circuit breaker. It is a blessing not to be taken granted for.

"Lastly, I'm thankful for a school that was able to react and respond effectively to the rigours of a prolonged learning schedule. I saw driven and motivated teachers, trying their best to teach in a virtual and live setting, with every session being better than the last. For this, I'm thankful for teachers who care."

**STEPHANIE TAN**, mum of Alexis Ng, 1C

THANK YOU, TEACHERS!



"I'm grateful to have caring and very invested teachers who called and messaged frequently to check on my classmates and I. If we looked sad or tired during a HBL lesson, they will call us personally.

"I'm also thankful that my parents made sure that I had all my favourite food during every 'recess' and that the WiFi is always up and running."

**ALEXIS NG**, 1C

"I am grateful that 2020 gave me the opportunity to spend more time with my family and forge stronger ties. I was able to upgrade my culinary skills and refine my art techniques and skills too."

**KANCHAN BAPAT**, mum of Sayli Bapat, 1P

THANK YOU, ESSENTIAL WORKERS!



"I am most grateful for the people who took care of Singapore throughout this pandemic namely the essential workers such as teachers and healthcare workers working in the frontline.

"This year has been a tough year for everyone. Without these essential workers, we wouldn't have come this far. The pandemic situation in Singapore becoming stable is due to their hard work and sacrifice."

**AALIYAH AFDILLAH**, 3N

**SAYLI BAPAT**, 1P

"I am grateful that 2020 gave me a chance to hone my technology skills and give exposure to things I have never done before.

"I also performed in an online drama. The news about this drama was also in the newspaper and covered by Vasantham channel."



## THOUGHTS

## 'What am I most grateful for in 2020?'

♥ ♥ ♥ THANK YOU, ♥ ♥ ♥  
FOR EVERY LITTLE THING IN LIFE!

**KRYSTLE KOH XUAN FANG, 41**

"Although 2020 has not been the best year, it has taught me how to treasure the little things in life - preparing meals together as a family and having family time with cheese biscuits and movie nights. These little moments have helped my family form an even tighter bond and help us through these times.

"I am also immensely grateful for the internet which has allowed me to celebrate birthdays and graduation via video calls with those whom I treasure."

**KOH BOON HAI, dad of Krystle Koh, 41**

"I constantly remind myself of how thankful I am for having my wife and my daughter. As we stayed home more often in 2020, I learnt to appreciate more of the simple things in life like preparing meals together as a family.

"Due to the Covid-19 restrictions, I have been able to exercise more in order to maintain a healthy mind and body.

"I am grateful to be able to work from home and also grateful for the business support from my clients."

## Thank you parent volunteers!



Principal Mrs Chan (center) with parent volunteers (from left) Vivi Jong, Koh Boon Hai, Jocelyn Koh and Goh Yar Lan. Not in photo: Adrienne Chin.

Five parent volunteers received Appreciation Awards from the school for their outstanding contributions to the Parent Support Group. The ceremony was held during the school's 62nd Speech Day on 2 October 2020.

A big thank you to Secondary 4 parent volunteers for your dedication and support throughout the years.

For more information on Cedar Girls' Parent Support Group, visit the school's website at <https://cedargirlssec.moe.edu.sg/our-community/parent-support-group-psg>.

If you are interested to be a parent volunteer, email us at [cedarpsg@gmail.com](mailto:cedarpsg@gmail.com) or sign up at the link below.

**SIGN UP NOW** [HTTP://GOTOOR.COM/A/APNLVWRG](http://gotoor.com/A/APNLVWRG)

### Newly elected: CEDAR GIRLS' PSG EXCO 2021

**Chairperson**  
Rebecca Loke

**Vice Chairperson**  
Sumathi Subramaniam

**Secretary**  
Jocelyn Koh

**Treasurer**  
Goh Yar Lan

**IT Support**  
Abhijit Roy

**School Events**  
Vivi Jong

**Family Bonding**  
Shirleen Chia

**Parents Engagement**  
Amy Lai

**Befriender Programme**  
(Vacant)

"Volunteers do not necessarily have the time; they just have the heart."

- Elizabeth Andrew