

### [CHIJ St Nicholas' primary students learn meditation](#)



#### ***Students at meditation session during the school's Catholic Day Camp.***

Primary Three and Four students of CHIJ St Nicholas learnt Christian meditation as part of the school's recently conducted Catholic Day Camp.

Infant Jesus provincial Sr Maria Lau explained to the students during the camp, held on Nov 4, 11 and 12, that meditation was one form of prayer.

She then went on to explain the subsequent need for silence for the students to feel the presence of Christ. To illustrate her points, the students were shown a video of other students from around the world meditating.

Participants were then divided into groups, led by either a parent volunteer or an IJ Sister, for a nine-minute session of prayer and silence.

Tan Junn Faye, a Primary Three student, said she found the meditation session beneficial as it helped her to calm down and experience peace.

The meditation session for the young students, a first for the school, was one of several activities of the annual camp, which also included team-building games, activities and group craft. The camp had the themes of respect, unity and gratitude.

Also for the first time, parent volunteers supported by IJ Sisters ran the camp.

The parents had wanted to organise such a camp, "but we had a lot of constraints, fears and a lack of materials," said one parent, Bernadette Tan.

"We voiced this to Sr Maria Lau, who encouraged us and gave us an outline of what to do. She also suggested we introduce meditation to the children. We were apprehensive at first but then we tried it out and we were given a complete day of training. In the end it went very well."

Students from the secondary school were also roped in to help out. Angelica Wang and Amanda Lim, Secondary Three students, said they found their younger schoolmates "no problem to manage". This was the second year they did this and they said they plan to do it next year as well.

*By Don Gurugay*