



Newsletter

Issue: 2015 / October



KINDNESS MAT
WEEK OF KINDNESS & ANTI-BULLYING



Cover

"Week of Kindness & Anti-Bullying"

The whole school took up the Great Kindness Challenge where students devoted one - two weeks to perform as many acts of kindness as possible, ranging from giving kind notes of appreciation, raising funds for those in need, to committing to create a positive and supportive school environment to counter bullying.

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We need to be dynamic, but we also want stability and tradition.

So we look to the future, trying not to forget or discard what is valuable from our history and culture (just like good schools everywhere).

As time does move on, I find we have to say goodbye to Ms. Suffiah, who is leaving us to work on an exciting project with a close friend of hers. We are leaving the door open should she ever wishes to return! Also we are saying a sad farewell to Ms. Eleanor Woo, who is retiring early (in November) due to health reasons. They will both be missed by their students and colleagues.

Joining us, however, we have Mr. Alex Leong for Humanities, Ms. Lydia Sundaranutty for English, Ms. Nadia Zaharan in Preschool and Ms. Jasmeen Kaur Basi for Year 2.



Every little kindness matters - students wrote each act of kindness they performed during the two weeks on colourful pieces of paper and linked them together to make a beautiful interconnected chain - Each act of kindness is infectious.

We have had a good half term with our sporting fixtures and events and well done to everyone who has taken part! Please check for updates in our weekly bulletins.

Dr. Gerard, our former Principal, has also visited the school to help set up a Masters in Education training course for select staff. We also look forward in welcoming new colleagues who will be moving into the HELP University campus which is rapidly taking shape next door to the school.

If you are at Mid Valley Megamall on the weekend of November 7 and 8, I hope you can join us at the **6th PISF (Private and International School Fair)** or let anyone who is interested in the school know about this event.

Before that happens, however, I would like to wish you all a restful or an interesting half-term break and hope to welcome all our staff and students back to an exciting and rewarding second half term.

~ Ms Davina McCarthy

EVENTS &
HAPPENINGS



*"No act of kindness, no matter how small,
is ever wasted."*

~ Aesop



WEEK OF KINDNESS & ANTI-BULLYING

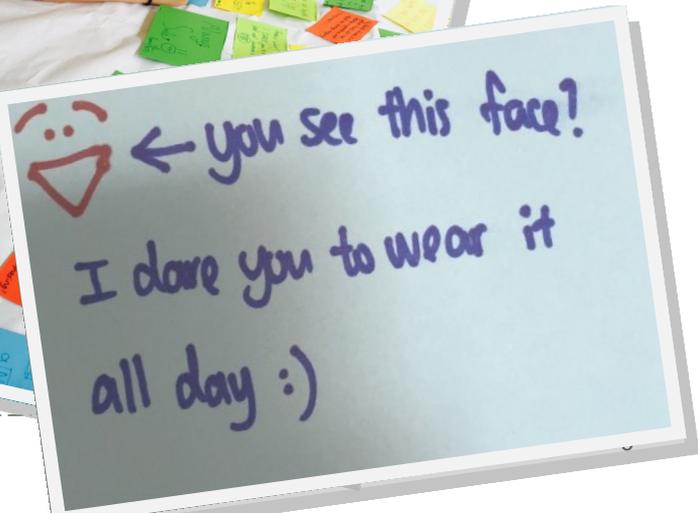
“Kindness Matters”

September 25 — October 9

The Week of Kindness and Anti-bullying received great response from students and teachers. The objective of the week was to create a safe, supportive, and positive environment in school as a way to counter bullying. Students across the school took on the **Great Kindness Challenge** and went out of their way to be kind to one another, their teachers and the school. Two students, Sulyn and Vicky from Year 10 even went out of their way to put up Post-It notes of positive messages around the school. It was such a delightful sight!

The Kindness Station was a resounding success; the primary school kids poured in throughout the week to make beautiful cards and notes for their parents, teachers and friends, while the secondary students wrote kind notes with decorations. **There was such a high demand for the Kindness Cookies and flowers on sale that they were sold out by the second day. The delicious cookies were baked by the young people in the Association of Learning Disabilities (District of Petaling). We managed to raise RM3,118.40 in only two days, and all proceeds go the Association.**

Anti-bullying assemblies to raise awareness on cyber-bullying were held for every year group in the secondary school. To celebrate the spirit of kindness and to mark the closure of Kindness Week, staff and students came to school in various colourful accessories for the 'Colour Our World with Kindness' assembly which included performances of the "Kind-Hearted Hand Song" (secondary) and poetry presentation (primary). Though the Week of Kindness and Anti-bullying has ended, the hope is that students will continue to plant seeds of kindness wherever they are.





Donation of RM5,000 to Red Crescent for their work with victims of the Nepal earthquake



Share a smile. Buy a day. Open a door. Listen with your heart. Say "hello". Visit a sick friend. Say "thank you!". Help carry a load. plant a tree. Buy someone a meal. Let someone go before you. Give blood. Read to a child. Commit Random Acts of Kindness daily. Give compliments. Respect other. Have patience. Do a favor. Forgive mistake. Say "please and thank you!". Show compassion. lend a hand. Help a neighbor. Use encouraging words. Spread kindness.

Kindness!
It starts with you.
Pass it on!



INTERNATIONAL WEEK



October 12–16

In celebration of **International Week**, HIS held special assemblies for the Primary and Secondary schools respectively.

The Secondary school explored cultural diversity and complexity of international relations through a series of activities like classroom discussion, history quizzes, class presentations and bake-off.

At the Primary school, teachers and students are reminded of the commonalities and differences amongst the various cultures. **They are given the opportunity to celebrate the diversity through food, costumes and presentations about their adopted countries during assembly.**

Ms. Nisha Suchak also conducted a special parent workshop session titled “Helping Your Child Develop International Mindedness”. Participants of the workshop came dressed in traditional attire and indulged in a 2-hour session learning about how to promote global awareness in their child in a meaningful and fun way.



EGYPT





Parent Events



Preschool, Key Stage 1
and 2 Meet-and-Greet
Year 7 Parent Back-to-
School Day





**Learning
NEVER
exhausts
the mind.**

~ Leonardo da Vinci



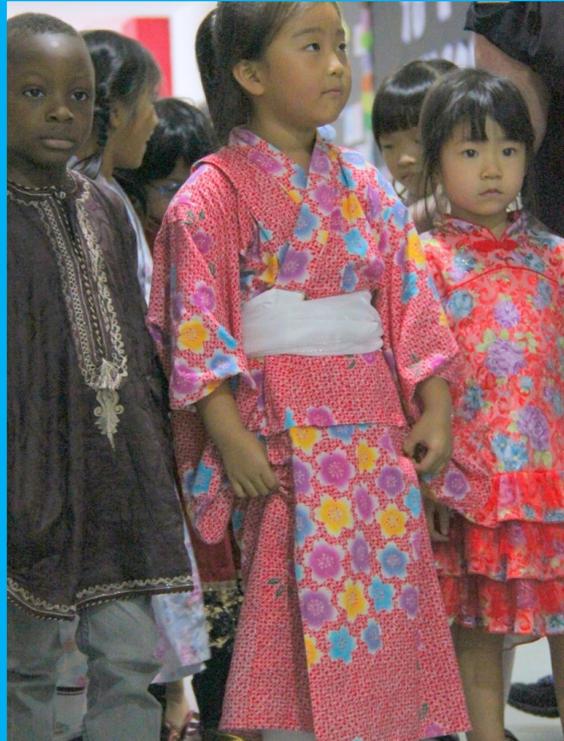


Preschool IPC Teddy Bear Picnic



Year 4 IPC: Chocolate Using our senses





Dress Up

Chinese Department : Mid-Autumn Festival

This year, the Mandarin department introduced common Mid-Autumn Festive food to our primary students. The teachers showed a sample of festive food and students were told of the significance of eating the food. For example, the belief was that eating water caltrop (菱角) meant you will become smarter (聰明伶俐) because they have the same pronunciation in Mandarin.

In KS 2, a lantern making competition was organised together with the Art department. With over 200 beautiful and creative lanterns submitted, judges (Ms Davina, Ms Nisha, Ms Evelyn, Ms Charmaine and Ms Pojoo) had a real difficult time picking out the winners. Congratulations to all students!

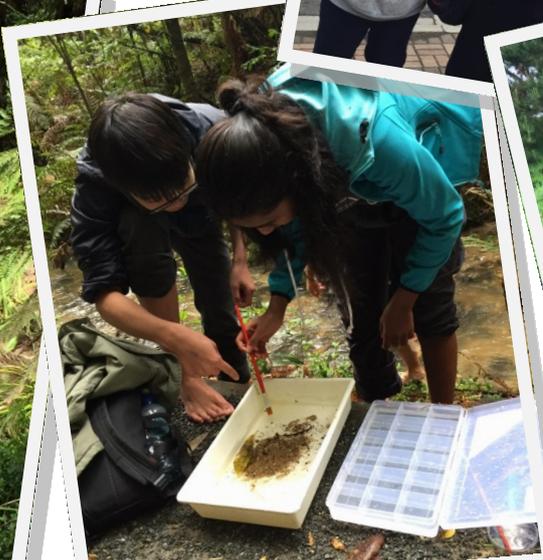


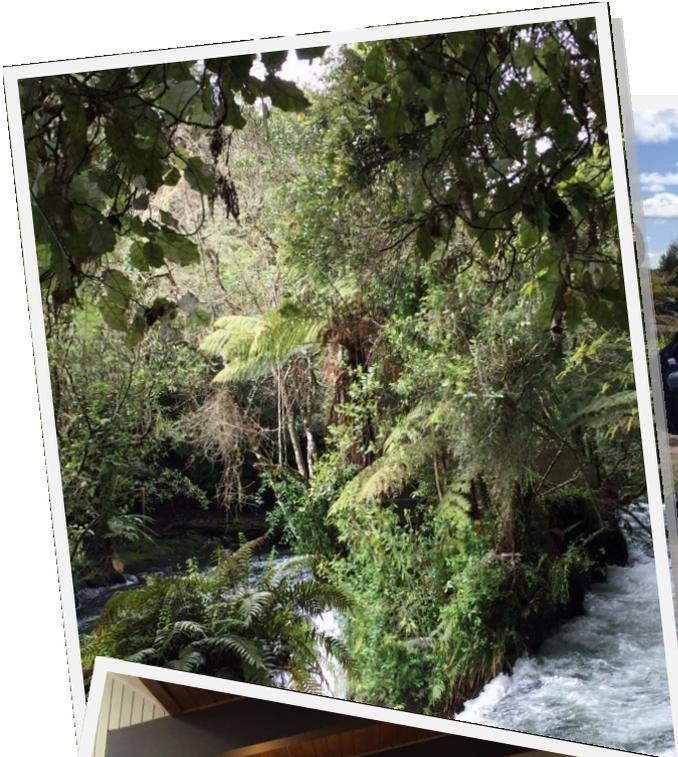
IGCSE Geography Trip to New Zealand

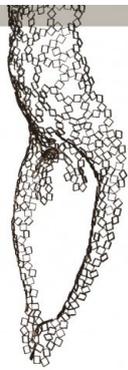
September 16 — 23

We had a fantastic time in New Zealand during the IGCSE Geography educational visit. After flying in to Auckland, we explored the vast array of geographical features that New Zealand's North Island has to offer. Students got the chance to visit the largest volcanic geyser in the Southern Hemisphere; measure oxygen levels in the river; listen to lectures by local guides about Rotorua, its history and its people, and how they managed to live in a place with so much geothermal activity. We also visited a kiwi fruit farm and experienced a traditional Maori welcome.

It was an amazing week and the students made some unforgettable memories.







10-13 SEPT 2015

MECC [Matrade Exhibition & Convention Centre, Kuala Lumpur]



A group of art students attended the opening day of the Art Expo 2015 and they were blown away by the diversity and range of artwork on display from all over the world.



Malaysian Tennis Open 2015 Sep 26—Oct 4



HIS organised several visits to the Malaysian Tennis Open at Stadium Putra. We hope that such experiences have inspired students to take up tennis or a new sport.



ART Department



SURREALISM

a 20th-century avant-garde movement in art and literature that sought to release the creative potential of the unconscious mind, for example by the irrational juxtaposition of images.

"Surrealism was an extremely fun project as it had no limits or boundaries to what, why and how it should be - except the limits of the imagination - which really was a good way of expressing our creativity. We decided to use some old shoes and transform them into an unusual reptile with feathers and scales of leaves. Although there were ups and downs in the process of making, we managed to come together, through trials and errors, and finally -- completing this project with loads of fun."



Heaven and Earth Shoes By:
Chrystaline Loo, Grace Poon
Erwin Woo, Silinda Lu
(Year 10)



Art has actually always been the subject that I hated the most as I thought it was merely about drawing and painting. However, the sculpting project caught my interest and somehow, I'd decided to put in as much effort as I could to complete it - my "shuttlecock Chrysanthemums". It's really been a spectacular experience; I made many mistakes along the way, but I definitely enjoyed the process - thoroughly.



Shuttlecock Chrysanthemums
By: Tan Min Khian
(Year 10)

Up Close & Personal

NISHA SUCHAK & EVELYN BOEY

Get to know the Assistant Principals for Primary school better as we speak to them about teaching and life in general...



Why did you choose teaching as a career?

N: Since I was 16, I worked with children on summer play schemes and really enjoyed it. My ambition was to work in the travel industry or as a children's representative on a holiday camp. However I went on to do a psychology degree where I specialised in psycholinguistics and educational issues. Whilst at university, I worked with a couple of SEN students in a school and I was encouraged by the teachers whom I worked with to go into the field of education. I did a PGCE to go into educational psychology and passed with flying colours.

E: After obtaining my basic degree where I majored in Translation and Interpretation and minored in Management, I was asked a question that shaped my decision regarding my future career – "Who do you want to impact?" It got me thinking about all the teachers who have left a lasting impression in my life whom I would always be grateful for. That's it - making an impact in children and young people's lives. I went on to pursue a Masters in Arts (Linguistic and English Studies) and have been involved in the education field ever since for the past 15 years, with no regrets.

How would you compare your teaching experience in other schools and in HIS?

N: Most of my career has been focused on whole school improvement, training teachers and working with community groups. What I find most rewarding has been my work with students and parents from different communities. I have supported them in developing their skills in literacy and supported them emotionally through setting up parent groups where they could share their stories as well as meet other parents from the local community.

In the UK, I have always worked in state education in challenging school districts. My specialist area was in education for students who had EAL. Many of these students were also refugees fleeing from war-torn countries. Therefore, my focus was on their emotional and social wellbeing and ensuring they could access the curriculum. I also worked with their families to support them emotionally and develop their literacy skills to support their children.

I think children in this school are very blessed to be able to learn and grow in a safe and stable environment. The priority of many of the parents I worked with was not basic literacy, but where their child's next meal would come from. When I did get emergency calls, they were mostly about families facing the risk of deportation.

E: The environment in HIS is very supportive towards the teachers, always encouraging discussions and ideas as everybody's opinion is valued. Dr Goh and Ms Davina ensure that the staff are taken care of – they are never too busy to lend a listening ear.

HIS is always working towards a better and more effective learning experience for the students, making teaching really exciting with a clear purpose. Teachers are equipped with what is necessary to make that possible so there are ample opportunities for professional development through trainings and coaching. Always working towards what is best for the students - that is the kind of place where every educator wants to be.

What advice would you give parents and students to achieve a balance between academic development and social development?

N: Emotional intelligence is very important. Without it, academics is worth nothing. Work hard and get the grades. However, be a good communicator, be nurturing and have empathy.

E: Firstly, there must be a realisation and acknowledgement that both academic and social development are important.

Secondly, consider the kind of person you want your child or yourself to develop into and the future you want for your child to have. That will decide the extent of academic or social development you desire or need. Set strategies based on the decision and don't be discouraged by your peers. Never compare!



Ms Nisha experiencing local culture - kampung life in Malaysia



Ms Evelyn is a certified advanced diver, having got her license in 2012.

How can parents support their child's learning? To what extent should parents involve themselves in school?

N: Parents are children's first educators. They are an important part of their lives. I believe parents need to be loving and caring. They must try and understand their children and their thoughts and ambitions. They should not try to impose their own dreams on them. All children are talented in one way or another. A good parent will see that talent and nurture it and support to grow it rather than impose their own ideas on the child.

E: Parents need to trust that the school is working in the best interests of their child. Having said that, as a parent to 2 young kids, I understand the endless worries of a parent especially those with younger ages. It is always tempting to want to ensure everything is perfect and provided for your child.

My advice: Get all the info needed about your child's routine and learning. A parent's mind tends to wonder on the worst possibilities if they are in the dark about their child. Get to know the teachers and teaching assistant well. Establish a good rapport and channel of communication with them, highlighting your concerns where needed. Then maintain good communication with school and learn to let go.

Be interested, be curious, be proactive and be supportive and encouraging. Listening to your child while working on the laptop or telling stories with your eyes nearly closed (a reminder to myself too) is not the way to go.

What is your vision for HIS primary school for this academic year?

N: “Together we move forward” – staff, students and parents moving forward in developing a shared vision for the best for all students we teach.

To develop students to be global citizens and have empathy and support for those less fortunate.

E: To create independent learners who understand how the knowledge acquired enables them to perform different skills at their levels resulting in such eagerness to learn more.

To raise students who value self and others as they work towards being a better citizen.

You like to bake to de-stress, can you share with us one of your favourite recipe?

E: I would rather share you the source than just one recipe. This was shared to me by a very kind student who loves baking too. Check out 'Laura in the kitchen' (<http://www.laurainthekitchen.com>). Try her 'Red Velvet Cheesecake Brownies'. Baking will never be the same again.



Ms Evelyn is an avid baker ... this is her Blueberry Cheese Cake



Enjoying a coconut in Gujarat, India
— where Ms Nisha's great-great-grandparents are from

You like to travel and enjoy local cuisine whenever you are in a new country. Which restaurant or places of interests in Malaysia would you recommend to your family and friends from home?

N: I am vegetarian and will eat anything that is vegetarian. My favourite restaurants are Ganga and WTF both of which are in Bangsar.



Ms Nisha

Born: December 9

Hometown: UK

Favourite book: Kite Runner by Khaled Hosseini

Favourite colour: Purple and Green

Favourite food: Indian, Arabic and Thai vegetarian food

Favourite way to de-stress: Travelling

Favourite locations in the world:

Bali, Istanbul, India, Mexico

Most interesting place visited:

- Tribal towns of Ethiopia

Most amazing things:

- Bull jumping — initiation ceremonies in Ethiopia
- Snorkeling in the caves in Mexico
- Reaching the sun gate at Macchi Pichu and seeing the ancient city below



Ms Nisha with her mother (above) and picnic in the park with her extended family



Ms Evelyn with her family



Ms Evelyn with her Y6 teacher, one who impacted her life and inspired her to be an educator with a heart! Mrs Chay's grand-daughter was Ms Evelyn's son ex-classmate.

Ms Evelyn

Born: December 10

Hometown: Kuala Lumpur, Malaysia

Favourite book: Purpose Driven Life by Rick Warren

Favourite movie: 3 Idiots

Favourite colour: Lavender and Red

Favourite food: Japanese

Most bizarre food tasted: Taiwanese duck tongue

Favourite way to de-stress: Baking, Window Shopping

A skill I would to learn: Playing the piano

STUDENT CORNER

Serena Selvam (Year 9)

Royal Port Dickson Yacht Club Open Tennis Tournament (September 17 - 20)

- Champion of the Girls 14 & Under category
- Semi- finalist in the Women's open Category



Vara Qi Gunanathan (Year 6)

Port Dickson International Triathlon (October 10)

Vara Qi completed her first Sprint Triathlon which involves a 750m swim, 20km cycle and 5 km run in 2 hours. Organisers believe she is the youngest person to have completed the triathlon in the history of this event in Port Dickson.

Chloe Ng (Year 2)

Malaysia Day Flash Mob, Sunway Pyramid (September 16)

A key participant in a Malaysia Day Flash Mob in Sunway Pyramid ice rink — performing an ice skate routine in front of the public audience.



Leia Ong (Year 3)
 Illustrating her 8 IPC
 Personal Goals as characters

- Adaptability
- Morality
- Resilience
- Enquiry
- Cooperation
- Communication
- Thoughtfulness
- Respect

Ms Communication



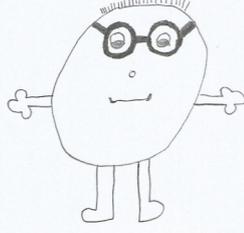
PERSONALITY
 She is talkative, cheerful, fun and loud and can get carried away with her phone. She is happy to live a free life and sometimes doesn't care.

LOOKS
 She carries a phone everywhere. She's pretty and a great cheerleader.

SUPER POWER She can talk ears off.

BEST FRIEND Ms Resilience.

Mr Thoughtfulness



PERSONALITY
 He is very kind and always helps others. He's also very shy and super quiet. He walks fast with his head hanging down so nobody notices him.

LOOKS
 He wears thick black glasses and is very nerdy.

SUPER POWER He's an excellent mind reader.

BEST FRIEND Mr Respect.



13th Tropicana Age Group Swimming Competition (September 6)

Sean Woo (Year 7)

- 50m Freestyle - Silver
- 50m Breaststroke - Silver
- 50m Backstroke - Silver
- 50m Butterfly - Silver
- 100m Freestyle - Silver
- 100m Breaststroke - Silver



Selangor 4th Long Distance Swimming Competition (September 12—13)

Jerriel Lau (Year 9)

- 1500m Freestyle - Silver
- 800m Freestyle - Bronze
- 4X200m Freestyle relay - Silver
- Mixed 4X200m Freelay - Bronze

Chia Vern Kye (Year 10)

- 200m Butterfly - Silver
- 400m Freestyle - Silver
- 800m Freestyle - Bronze
- 1500m Freestyle - Bronze
- Overall Novice Category - 2nd Runner-up



U16 Football Results

October 9

HIS 4 — UCSI 2

HIS U16 football team played UCSI International School and won 4 - 2. This was their first fixture due to a number of cancelations because of the haze. It was the opposition who made the early impact by scoring in the first 5 minutes to take a 1-0 lead. Shortly after, Bryan Kan levelled the game, latching on to a through ball and slotting home calmly. HIS kept up the pressure and after a good free kick by Rubin Saini was spilled by the opposition goal keeper, Kye Wen Lee was on hand to slot the ball into the open goal to take HIS 2-1 up heading into the end of the half.

In the second period we made a number of changes, rotating our 24-man squad to good effect. HIS consolidated their lead after Sean Beh broke free from midfield and powered passed 2 defenders to catch up with his own through ball and shot into the goal and away from the oncoming goal keeper to make it 3-1. It was a testament to the strength in depth of the squad after no less than 7 changes made after the first period.

In the third period we made a number of further changes to the line-up to ensure that students had similar game time on the pitch. HIS were battling hard to protect their lead but after a free kick resulted in a goal from a dubious position the game started to close in at 3-2. UCSI started to press the play harder and within a minute they broke forward once more, slamming the ball against the cross bar. From the rebound HIS pulled off the best move of the match, with Brandon Chew picking the ball up from midfield, threading the ball into debutant Danny Zailan who made a cheeky flick-on from Bryan Kan to power through to finish the game and lead HIS to a 4-2 victory.

Congratulations to all of the boys involved! It was very positive to see so many students playing and working together to help the team to succeed.

~ Mr Matthew Hammonds
Head of PE



U9 Girls Benchball Friendly (KLISS pool)

October 9



The focus of the U9 Girls Benchball friendly was for the players to get used to the game, display their potential while having fun and to prepare for competition next month. All the players displayed plenty of energy and great sportsmanship during the friendly game.

~ Ms Jillian Kaur
Primary PE Teacher