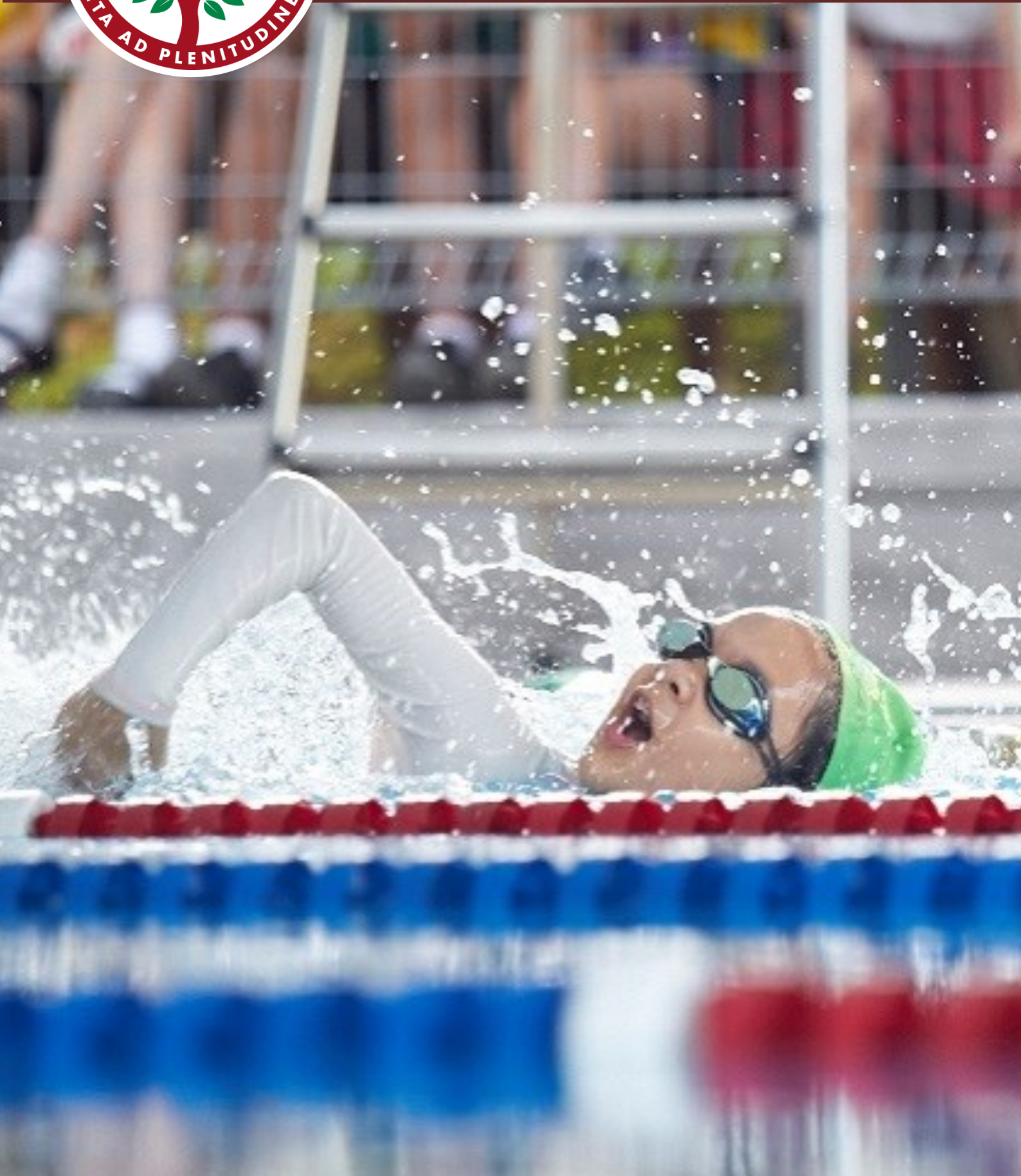




# Newsletter

Issue: 2016 / May



## Cover

An action shot of one of our young competitors from the KS2 Swimming Gala.

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## Message from the Principal



Dear Parents, Guardians and Students,

Pride, while characterised sometimes as conceit or arrogance can also be a source of self-respect and dignity. With this in mind, I would like to begin by saying how delighted we are that we took the opportunity for a SKIPS audit from the Ministry of Education last year and we have just received the highest 5-star rating. This is a wonderful achievement for a school as young as ours and I am very proud of all our staff, both academic and administration, for their contribution towards HIS gaining this accolade. It is a credit to their hard work and dedication.

I have also been fortunate in being able to relay to our Board of Governors this month the many achievements of our students, both in and out of school and to talk with them about the many talented young people we are blessed with at HIS. It is a privilege to be able to celebrate the effort, commitment and success of our student population regardless of the level of achievement. As you can see, I am eager to beat the drum for the staff, parents and students who make up our community and would like to share with you some of the successes and experiences they have enjoyed over the last few weeks.

The school has been vibrant and buzzing with activity. The SMaths Challenge held here recently was a wonderful inter-school event which saw plenty of individual and team success for our young mathematicians. Year 6 students visited the Cameron Highlands. Year 5 enjoyed a day at Petrosains. Year 8 were at the Gua Damai Extreme Park and Year 8 to A-Level students attended a KLPAC production of Shakespeare's *Merchant of Venice*, a set text they are studying. Our preschoolers visited 'Farm in the City' to explore their current theme 'Amazing Animals'. These are all excellent 'Authentic Learning' experiences and

these will be repeated during our Activities Week near the end of this school year, details of which have been going out to students and parents via their year groups.

We have continued to host visits from more established schools such as Alice Smith and Uplands (Penang) as they come to see the 'new kid on the block', touring the campus and reviewing our practice, particularly with regards to technology.



SKIPS (Pemeriksaan Standard Kualiti Institusi Pendidikan Swasta) is a government audit on the educational quality of private and international schools in Malaysia.



At the same time, some of our staff have visited the Apple Distinguished Educator SEA regional event in Singapore. These are all ways we can understand and extend good practice and we are committed to continuing on this journey. Our technology strand has been an area of focus and we are grateful to parents and staff who contributed to our EdTech Coffee Mornings recently, where ideas and practical solutions for various tech issues were looked at.

Students in Year 11 have been launched into their first set of IGCSEs and, along with our A-Level cohort, we are looking forward to completion and celebrating this with their prom at the end of the exam period. The students have worked very hard and I wish them all success. We are very proud of them.

I would like to thank parents and students for their generosity and kindness on Teacher's Day. I read the teachers' messages sent home to parents each week and I appreciate how much the students' kind words and gifts mean to them. So, thank you for making their day!

Our Open Day on April 16 was very well attended. We will be welcoming new families to HIS in the upcoming academic year as we busy ourselves for the next student cohort and open new classes.

We would like to take this opportunity to bid farewell to Ms Hifza who is returning to the UK during this half term break. We would like to thank her for all that she has done in guiding and inspiring the students in their textile design studies in the Design and Technology Department. Not to mention, she also worked tirelessly behind the scenes as the talented Head of Wardrobe for all the school productions to date.

In closing, I would like to wish everyone a great mid term break!

Vita Ad Plenitudinem.

Ms Davina McCarthy



## Love

(Phoenix House submission for House Combined Events)

In a garden tucked away within a desolate mansion

sprout two flowers from a crevice in the pavement

One of them is a scarlet rose  
the other is pale in comparison

The rose it seemed didn't want company  
its thorns kept it lonely

The other, a bright yellow sunflower  
enveloped itself in a flourish of lavender

Winter came, the harshest one yet  
casting a deathly blanket over the garden

The rose was the first to freeze to death  
of its beautiful petals none were left

The sunflower surrounded by friends aplenty  
kept warm and cosy with its friends

So, pluck off your thorns and surround yourself  
in your own garden of love.





# Academic Corner

## Preschool Field Trip

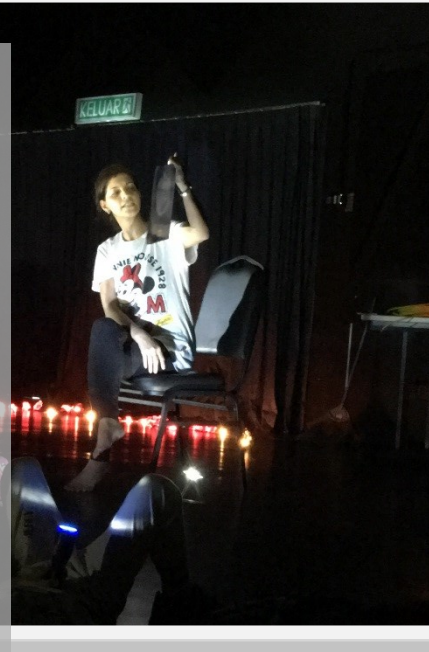
### Farm In The City

(IPC : Amazing Animals)



## Year 1 IPC Entry Point

### Seeing The Light





# Year 3 IPC Exit Point

## Shake It

Year 3 students used household chemicals such as soft drinks, Mentos mints and soap to conduct a carbonated challenge. The objective of the challenge was to see how high the eruption can get, without taking a sugary shower.

Other indoor experiments included observing slime eat magnets; a confused grape that floated under oil but on top of corn syrup; as well as corn starch mixture interchanging between liquid and solid dual state when pressure was applied. The students had to explain their experiments to all visitors (parents, teachers and students) and what a great job they did!





## Year 4 IPC

### Transmission of Sound

*"Hello? Do you hear me?"*

As part of their exploration on 'The Transmission of Sound' for science, Year 4 ditched their iPhones for their very own crafted string telephones and had loads of fun sending each other silly messages. Bubbling with laughter, they certainly got each other loud & clear!



## Year 5 Field Trip

### Petrosains

(IPC : Space)

The Year 5 field trip to Petrosains was a great success! Children were put into pairs and each had a booklet with questions they had to answer about our main focus for our new topic in IPC and science: SPACE. The children had an amazing time interacting with the different exhibits while they were searching for answers to the questions from their booklets. All this valuable information will be used later on to work on some group projects.





## Year 6 Camp

On the morning of Monday April 25, sixty three Year 6 students were in school early to depart on a four day/ three night field trip to **Ipoh and the Cameron Highlands**.

Highlights included: a cave walk, hiking in the mossy forests, a trip to the haunted Kellie's Castle, visits to a butterfly park, a bee farm and a tea plantation, making strawberry jam and a shopping expedition at a local market.

Despite this being the first time for a number of the students to be away from home, they were excellent company on tour and represented the school very well. Congratulations to all who went; we hope to have many more trips over the forthcoming years.





# Year 8 Field Trip

## Gua Damai

What a fun-filled and challenging trip to Gua Damai, Batu Caves on April 13 for some of our Year 8 students! Rock climbing, Tribal Survivor challenge, caving and trekking were amongst the activities that these young and brave students tried their hands on. Whilst it was a personal challenge, we also witnessed students lending their support and encouragement generously to fellow friends.







## Year 8 to A-Levels Field Trip

### Shakespeare De-mystified: The Merchant of Venice

On Sunday April 24, the English and Performing Arts department took over 90 students to the KLPAC. Celebrating 400 years of Shakespeare, students from Years 8 to A-Levels enjoyed a very entertaining performance: some of the students and teachers even got involved!

The students were able to understand the plot and key themes in the play and had the opportunity to ask the actors and director questions at the end.

## Year 10 IGCSE PE

### Nutrition

After completing the diet and nutrition topic of the IGCSE PE course, students were set the task of creating bespoke meal plans for a number of athletes including a long distance swimmer, a body builder, a sprinter, a central midfielder in football, and a vegetarian with recreational sporting interests. In groups of 3, the students created a two-course meal and presented them to their 'athletes' by explaining the nutritional value, content, calorie intake and providing justification for the meal.

This unit shows the cross-curricular elements of the IGCSE PE course with links to science (nutrition), maths (calorie counting and energy expenditure) and food technology.







# SMATHS CHALLENGE 2016

April 30



Recently over 350 students from 65 international, private and local schools, some as far away as Sibu and Johor, participated in the inaugural SMATHS Challenge 2016 competition organised by HIS and S.A.M. (Seriously Addictive Mathematics).

HIS students performed extremely well in both the individual and team events, and won numerous prizes in all categories, taking almost half of the top 10 placings in each of the three individual events. What's more, out of 40 teams that took up the challenge in team event, HIS came in 2nd, 3rd and 5th place!

Well done to all.







Congratulations to all HIS student participants and winners!

**CATEGORY 1**

- ★ Ariana Binti Hafiz (Y3) 1st
- ★ Teo Eyenn (Y2) 2nd
- ★ Leia Ong (Y3) 8th
- ★ Deng Jia Yuan (Y3) 9th
- ★ Ng Bijou (Y3) 10th

**CATEGORY 2**

- ★ Tan Yu Shen (Y3) 2nd
- ★ Dava Xi Gunanathan (Y5) 3rd
- ★ Cayden Cheong (Y3) 4th
- ★ Dylan Chew (Y4) 5th

**CATEGORY 3**

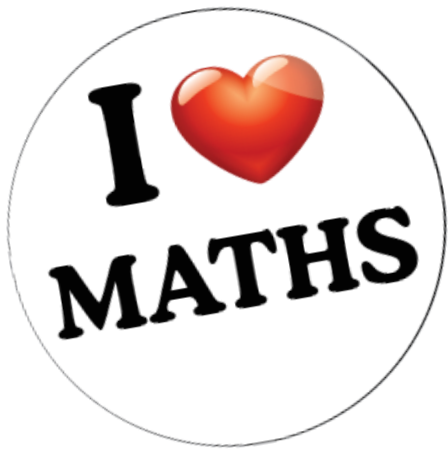
- ★ Valentino Tew (Y8) 7th
- ★ Donovan Ho (Y6) 8th
- ★ Zack Loo Yang Zhen (Y6) 10th

**TEAM EVENT**

- ★ **Year 6** 2nd  
Evan Ung Ming Yang,  
Lee Kai Herng,  
Tio Eu Jien
- ★ **Year 6** 3rd  
Vara Qi Gunanathan,  
Lee Han-hsiang,  
Ray Wong Kai Feng
- ★ **Year 5** 5th  
Puteri Sofea,  
Germaine Soo,  
Ethan Tan







### Lee Ming Yuen (Y 1)

I like Maths, especially adding. I love trying to work out the answers as fast as I can. When I grow up I would like to do maths in my job.

*Ming Yuen has shown some phenomenal problem solving skills. He continues to apply different strategies to help him add and subtract with speed and accuracy.*

*(Ms Zoe)*



### Lim Hao Feng (Howard) (Y 5)

I love all aspects of maths. I enjoy being challenged and trying to solve problems.

*Howard has a real knack for mathematical concepts but that doesn't stop him from challenging himself and persevering in difficult tasks.*

*(Ms Keilah)*



### Joe Ee Cheong (Y 10)

Maths explains the way things work; that's why I enjoy the lessons and also why I like physics so much.

*Joe Ee picks up new concepts so easily and his work is exemplary. (Ms Dowling)*

### Aidan Wong (Y 8)

I enjoy maths for the same reason I enjoy chess; it's fun because I like the challenge and I enjoy problem solving.

*Aidan was invited to join the KS4 Add Maths CCA. We recently did a quiz on a topic that he had just been introduced to and he beat all my Year 10 group!*  
*(Ms Dowling)*



### Tan Yu Shen (Y 3)

I love solving complicated maths problems, the harder the problem the more I enjoy it. I like that there is always an answer to every maths problem, it makes me really want to solve the problem and work out the answer.

*Yu Shen consistently pushes himself above and beyond normal expectations. He shows a talent for solving problems in maths and other areas that are above his grade level. In November he won a gold medal as the top scorer in Malaysia in Year 2 for the ICAS Math competition, and recently came in 2nd in the C2 category of the SMaths Challenge held at HIS.*

*(Ms Stephanie)*







**Annabelle Phen (Y 2)**

I love learning about science, I find it really fun! When I am older I would like to be a scientist and learn about the different types of bacteria that make us sick.

*I have been astounded by Annabelle's science knowledge. She has even turned her kitchen at home into a science lab! I think we may have another Marie Curie on our hands!*

*(Ms Jasmeen)*



**Melody Cheng (Y 5)**

I love that science is always logical. I find it really fascinating looking at different ideas and theories. I would love to be either an inventor or a scientist when I grow up.

*Melody is a talented scientist in the making. Her hard work during lessons and in homework tasks ensures that she remains top of her game.*

*(Ms Keilah)*



**Aletheia Goh (Y 8)**

Ms Prem really brought out my passion for science because she encouraged us to be inquisitive and interactive with the world. I try to question everything I see around me. This is why I love chemistry and physics - they're all about how the world works.

*Aletheia is an avid learner. She has a vast knowledge of science, both in curriculum and general knowledge. She has a great thirst for knowledge and applies herself fully to every task she undertakes. What a breath of fresh air!*

*(Ms Felicia)*



**Teoh Khai-Xiin (Y 10)**

Science is one of my favourite subjects mainly because of my amazing teacher Ms Mariann. I find the human body fascinating so biology is my favourite of the three sciences.

*She always goes all the way and beyond what's expected and is a real pleasure to teach.*

*(Ms Mariann)*

# Up Close & Personal

## BEHIND THE SCENES AT HIS

Since the setting up of HELP International School in January 2014, the school has had the privilege to be served by a team of dedicated administrative staff who work behind the scenes quietly. In our second feature, we cover the school's nurses, librarians, exam officer and science laboratory technicians.



Ms Christine (left) and Ms Aziela (right)

### Ms Aziela Arif & Ms Christine Heng

#### School Nurses

Ms Aziela and Ms Christine have a combined experience of 13 years working in various hospitals, clinics and international schools including Mont Kiara International School. They both have to juggle their roles as mothers at home and nurses at the school. When they are not at work, they like spending time with their families. Ms Aziela enjoys drawing and cooking with her children (her laksa is a must try!) and Ms Christine loves reading with her three-year-old.

#### What is a typical day like for you?

**Aziela:** One must always be ready to expect the unexpected. A typical day in HIS is always busy. We used to start our day only at 8 am, but we have started coming in at 7:30 am instead.

**Christine:** Though the school gates only open at 7:30 am, there are days when students are already waiting at the clinic at 7:30 am.

**Aziela:** We have an average of about 50 students at the school clinic every day, except Fridays, for medical assistance on various types of illnesses and injuries. Occasionally we attend to more serious cases like an allergic reaction, seizure, etc. We have to be vigilant at all times and ensure our medical supply is well stocked.

#### What do you like most about your job?

**Aziela:** I like being able to help children. I feel good when cranky children finally leave the clinic feeling happy. Some come to us probably only because they need someone to talk to. These children need "Tender,

Loving and Care" (TLC) rather than medical attention. So, I usually try to find out more and get to know them better before I treat them accordingly. I also enjoy being able to educate them informally about health and nutrition by chatting with them.

**Christine:** I love it when the children come in to tell me stories! It is so amusing to have them trying their best to relate how their friend has fallen down. Everyone else is so eager to tell the story, except the one who is actually injured!

#### What is the most challenging part of your job?

**Aziela:** I used to work in the specialised paediatrics unit in the hospital before and over there, I would examine the patient before the doctor would come. The doctor would actually ask me for consultation on the dosage of medication before prescription. In total, I have at least 8 years of practical medical experience plus many





years of education in nursing.

Over here in school, I have had the experience of meeting parents. Some parents would come to tell me what I should do because of their research on Google. I understand it is natural for parents to be anxious over their children's wellbeing. It is not easy to convince these parents to place their trust in the school nurses, rather than Google research. But we have learned to build trust slowly with these parents after they got to know us better. We always keep proper documentation for each medical case that we tend to so that we can explain actions taken.

#### What characteristics must one possess in order to be a good nurse?

**Aziela:** It is important to be knowledgeable, competent, skillful and patient. You must also be firm at times because some will try to push the boundaries with you. Some children simply come to the clinic because they want to skip classes. You need to be patient to find out what is the underlying reason for doing that and try to help them.

**Christine:** Passion in the job is most important. I feel that a passionate nurse is different from one who is merely skillful.



*Ms Aziela with her daughter Aleesya (7 years) and son, Ahmad (5 years)*



*Ms Elizabeth (left) and Ms Hui Ping (right)*

#### **Ms Elizabeth Annaranjitham & Ms Chow Hui Ping** **School Librarians**

A former school principal for 11 years and a veteran educator for over 30 years, Ms Elizabeth joined HIS when the school first started in 2014. As one of the pioneer librarians, she has seen how much the resources have grown in the library. During her free time, Ms Elizabeth, a doting grandma, loves reading and playing with her three lovely grandchildren.

Prior to joining HIS, Ms Hui Ping spent 19 years working in New Zealand and Malaysia. A mother of a beautiful

little girl, Ms Hui Ping loves reading and swimming. One of her favourite books that she used to read to her daughter every night before bed is *No Bed Without Ted* by Nicola Smee.

#### What is your daily routine like?

**Elizabeth:** My first 'customers' are usually here at the library by the time I get in, eager to return their books. The library gets very busy from 8:30 am onwards as there could be as many as 3 classes at any one time. When the students come in by classes, I will be tied up at the loan counter and after the classes leave, my time will be spent on cataloguing, shelving and sorting out the Teachers' Resources as well as Guided Reading materials.

**Hui Ping:** I start the day by checking library books in and out at the circulation desk, followed by back-end work like processing, cataloguing and shelving. There are also days when we have to do planning for parent volunteers' duty roster, literacy projects, World Book Week where we invite writers and illustrators, as well as liaising with book suppliers and publishers for selection of recommended books.

#### How is working in HIS different from working in your previous workplace?

**Elizabeth:** Life as a principal was a lot more hectic. I left my former school about 4 years ago and started teaching as a part-time English lecturer at the University of Malaya as well as being a part-time school librarian at HIS. Initially, I wanted to stay in this librarian job only temporarily as I was waiting for term to start at the university. However, I ended up choosing this job over lecturing and stay much longer than I had intended! I guess I like the school environment and the students more!

**Hui Ping:** I was an image librarian. As an image librarian, I catalogued the images into various categories and then uploaded them as company



photos. I was also in the publishing industry where I did a lot of administration and coordination work. In those jobs, I dealt with just adults. At HIS, I get to meet children on a daily basis, and that is a refreshing change!

#### What is the best thing in the HIS library?

**Elizabeth:** The parent volunteers! I wouldn't have been able to do this without their help. They attend to their duties faithfully every week and without asking anything in return. We have a lot of fun and laughter working together in the library.

**Hui Ping:** The library is a very comfortable place for all. Here, children are able to explore their reading interest without having to feel they are forced or compelled to do so. Reading simply becomes a pleasure in such an environment.



*Ms Tan*

#### **Ms Tan Wui Lim Examination Officer**

Ms Tan had 23 years of experience working at several secondary schools in Kuala Lumpur before joining HIS. She has a son who is studying at university. At the end of a long school day, Ms Tan looks forward to going home to her family, have a warm bath, and relax on her couch with her favourite Korean TV shows.

#### What is your daily routine like?

I start off the day with clearing my school emails, responding to exam queries from teachers, and keeping track of key dates and activities for exams by Cambridge International Examination Board as well as our own school exams calendar. I am particularly busy before, during and after examination period, helping students register for external exams, ensuring all examination papers are secured, arranging for invigilation and the setting up of exam halls according to specification by Cambridge, as well as the delivery of the exam papers for marking and assessment.

#### What is the most satisfying part of your job?

I take my responsibility as an exam officer seriously, ensuring each examination process runs smoothly, and the examination venue is conducive enough for our students to concentrate during their exams.

#### What would you like to say to students before they enter the exam hall?

Take a deep breath, you have done what you could in studying and understanding the syllabus, now just go and do your very best. Exams are not your whole life, but a good attitude towards learning and a thirst for intellectual curiosity will be your lifelong best friend. Also, don't forget to write down your name on the exam paper!



*From left to right: Ms Jega, Ms Afiqah and Ms Jaya*

#### **Ms Jegatheeswary, Ms Jayaletchmy & Ms Afiqah Science Laboratory Technicians**

Ms Jega has a Bachelor of Science degree in biochemistry from University of Malaya (UM), and 10 years of experience working as a lab tech and research assistant at the medical research unit in UM and a veterinary hospital. Before joining HIS, she was volunteering in an NGO in East Timor as an English teacher.

Ms Jaya, also known as Aunty to HIS students, has more than 30 years of experience as a lab tech in secondary schools in Klang Valley. Ms Jaya's son just got married and is currently working in the Netherlands. She hopes to visit him and his family one day with her husband.

Ms Afiqah recently joined HIS from Nexus International School. She has a Bachelor of Science degree in biochemistry from the University of Glasgow, UK. Ms Afiqah enjoys working with students and looks forward to getting to know them better.

#### What is a typical day like for you?

We take care of all lab equipment and apparatus. Before each class, we make up the chemical solutions, assemble



apparatus, run trial experiments in the prep rooms and then deliver equipment to the labs. After classes, we have to clean the bench surfaces, apparatus and fixed equipment, and dispose the chemical waste. Sometimes, we also assist the teachers in class practical including carrying out demonstrations; as well as providing technical advice and support to teachers, especially in health and safety guidance. We also do procurement, organisation of storage of chemicals and equipment.

### What do you enjoy the most about your job?

**Jega:** I guess it would be the interaction with students. When they ask questions, I like to share with them what I know. I like to see them having the thirst for knowledge, discovering the magic of science and experiencing the joy in learning.

**Jaya:** I enjoy science and I never get tired of preparing chemical solutions and doing lab work after 30 years in the science labs!

**Afiqah:** I like this job because of how hands on it is and how busy it keeps me all day! We support teachers and students of 25 secondary and A-Level classes, with multiple science periods within a class each week. So yes, we are very busy! And I love it!



## LET THEM IN

by Leanne Yule (Year 10)

They stand before a gate almost fifty stories tall,  
they stand before a gate knowing nothing at all,  
who stood behind or what lies ahead,  
all they knew was, they were not yet dead.

Born into a life of suffering, far away from light,  
Dreams of a better life allowed them rest at night,  
at night, when they forget the poor cards life dealt them,  
at night, when they forget all those who had left them.

The gate was pushed open, a metallic screech sounded,  
a burly man with frizzy hair appeared looking confounded,  
"Who are you? What do you want?" he hollered with a scowl,  
"Go back to where you came from!" he continued with a growl.

Right before the gates slammed close,  
the youngest of the five opposed,  
"Let us in, please help us sir,  
We want not what you infer,"

"Then what do you want, little kid?  
do you know what your kind did?  
came in here and stole our jobs,  
robbed our homes and behaved like slobs!

We need no more of your foreign kind,  
now that I know your scheming mind,  
letting you in would be such a crime,  
so turn around, leave this place behind,

"What do you mean our foreign kind?"  
the young boy wondered with a sigh,  
"Body and mind, we both possess,"  
the young boy continued to further press,

"Don't discriminate against 'my kind',  
For we are the same, it hasn't changed with time,  
Rocks will shift and trees will die,  
But we are one, that's not a lie."

The gatekeeper cocked his head to the side,  
for the first time in years his conscience was alive,  
he looked at the family in a new light,  
his mind was split he couldn't decide,

He stared at the family, taking them in,  
their cheeks were hollow, their bodies stick-thin,  
but what struck him was the look in their eyes,  
void of malice, clear of lies,

Their sincerity reminded him of long ago,  
before people were blinded by gold,  
the words of his mother rang clear in his mind,  
the words of his mother brought tears to his eyes,

"My son, I wish to tell you something I've learnt,  
throughout the years I've spent on earth,  
it is something the youth grasp better than the old,  
it is something I believe you must be told,

My son, take heed, for this I must say,  
wealth does not bring as much joy as portrayed,  
what binds us together, the trait we share in common,  
is our humanity, which we seem to have forgotten,

*submission for Queen's Commonwealth Writing Competition*

Our differences truly mean nothing compared,  
to the humanity which every one of us share,  
age, gender, colour, wealth and beliefs,  
humanity is one which none supersedes,

Ten years from now look back on this day,  
your humanity still intact, I pray,  
Have you remembered my words, dear son,  
or has greed consumed you and everyone?"

A lifetime later this story remains untold,  
hidden away just waiting to unfold,  
the ending has been lost, we never find out what happened,  
to the family of five, it can only be imagined,

Perhaps they were just left to rot,  
outside the gate with no second thought,  
turned away, they succumbed to deep slumber,  
their deaths unimportant, just another number,

Perhaps the gatekeeper let them in,  
perhaps he let his conscience win,  
perhaps they lived the life they deserved,  
perhaps their faith in humanity was preserved,

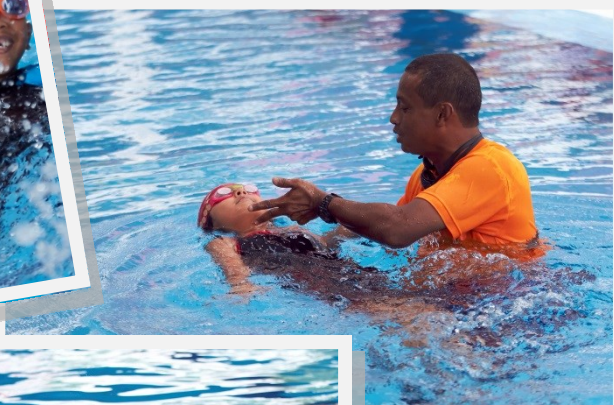
Dearest reader, please share your thoughts,  
if you were the gatekeeper would you leave them to rot?  
in his position, given the choice,  
perhaps you'd listen to their voice.





# KS 1 SWIMMING GALA

May 16







# KS 2 SWIMMING GALA

May 17



## KS2 SWIMMING GALA OVERALL HOUSE RESULTS

- 1<sup>st</sup> GRIFFIN
- 2<sup>nd</sup> DRAGON
- 3<sup>rd</sup> PHOENIX
- 4<sup>th</sup> PEGASUS







# SECONDARY SWIMMING GALA

May 18



## SECONDARY SWIMMING GALA OVERALL HOUSE RESULTS

- 1<sup>st</sup> DRAGON
- 2<sup>nd</sup> GRIFFIN
- 3<sup>rd</sup> PHOENIX
- 4<sup>th</sup> PEGASUS

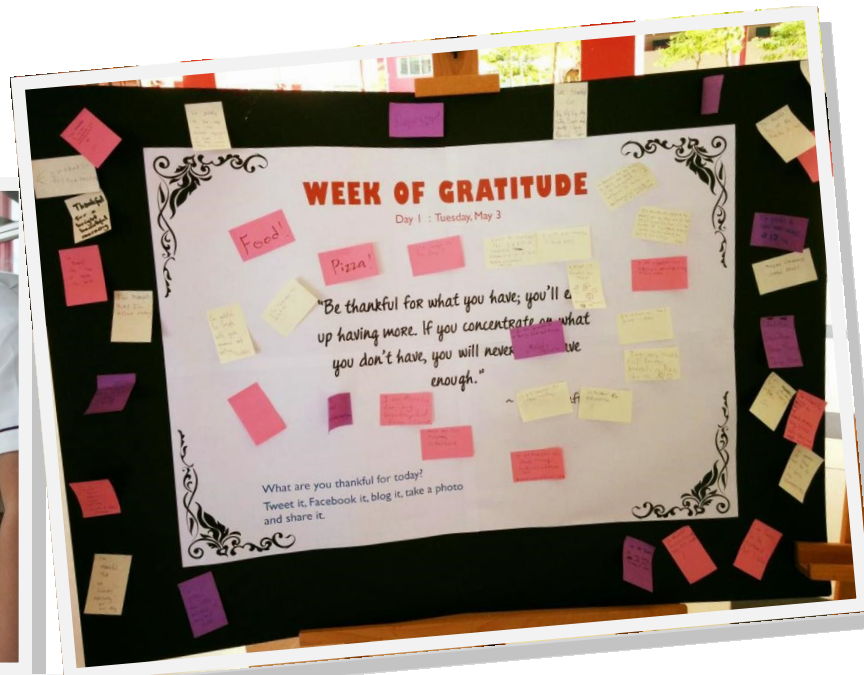






# WEEK OF GRATITUDE

May 3—6



LAUNCHING OF  
FRIENDSHIP  
STOP



*"A friend may be waiting  
behind a stranger's face."*

*~ Maya Angelou*



No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.

*~ Alfred North Whitehead*







# TEACHER'S DAY

May 6

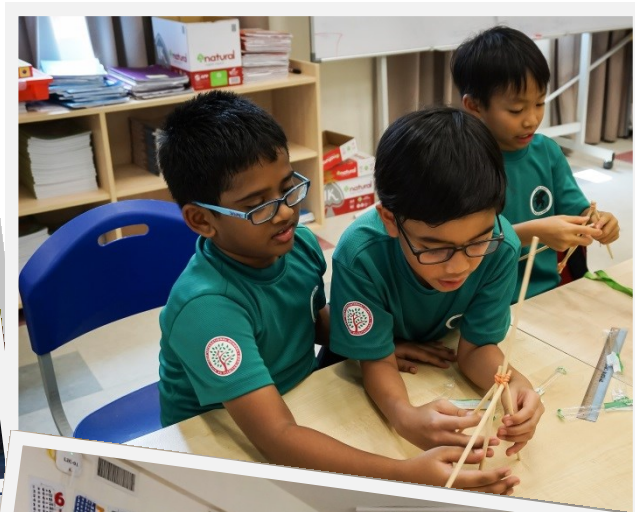






# HOUSE COMBINED EVENTS — PRIMARY

April 27





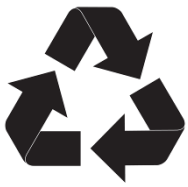


# HOUSE COMBINED EVENTS — SECONDARY

April 28







# INTER-HOUSE RECYCLING CHALLENGE

May 17—20

Monies collected from the recycling challenge will go to charity, and used clothing will be carefully selected then donated to the ZEC Myanmar Refugee Education Centre.

Our Year 8 classes have also just started a sustainability initiative to recycle newspaper, the proceeds from which will go towards financing window boxes for Years 5 & 6 to grow herbs, vegetables and edible flowers. Students also fundraised for recycle bins to be placed around the school.

Keep up the good work!



Caring  
for a  
healthy  
future





# @HISEDTECH PARENT COFFEE MORNINGS

Tuesdays

Our EdTech department organises coffee mornings every Tuesday to assist parents in learning about various Apple educational apps and iPad restrictions, so that they are better equipped to ensure that their children are using their iPads wisely.



*submission for Queen's Commonwealth Writing Competition*

You've been exercising all day  
But you're not getting paid  
Following strict diets  
Practically having no say

No fats, no carbs and only protein  
No meat, no rice and only healthy beans  
All these sacrifices just to get lean  
But have you ever wondered:  
when'll the result be seen?

How much time is wasted on the treadmill  
And energy drained by your physical drill

Too much, too much - I think you must chill  
And forget about fitness - forget the will

You go out with your friends at the weekends  
They eat but not you - you don't want your tummy to distend  
The reason for this I do not comprehend  
But have you ever wondered:  
does your worry make sense?

One day when you can eat  
You'll forget about keeping fit

You'll just eat, eat and eat  
While you read and study Lit

So let the food in - eat what you like  
Ditch the diet plans and follow your psyche  
It doesn't matter even if it sounds childlike  
Just let them all in and enjoy life!

Let them in  
Let the food in  
And it's no sin  
To throw the diet plans - into the bin!



# STUDENT CORNER

## Congratulations!

Well done to all students who took part in the recent Friendship Stop poster design competition.

We are proud to present the winning poster for each year group in KS 2, along with the full list of winners.

### Year 4

- ★ 1st Angelyn Chu
- ★ 2nd Lucas Ng
- ★ 3rd Lee Jia Ying



### Year 5

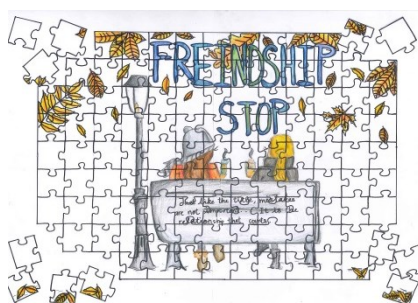
- ★ 1st Germaine Soo
- ★ 2nd Terrence Chan
- ★ 3rd Yasmeen Thurayya & Ashley Ng

*by Germaine Soo*



### Year 6

- ★ 1st Sydney Lee
- ★ 2nd Natasha Yeoh
- ★ 3rd Brian Yee



## The Wealth We Have In Common - Fear

Natania Tai (Y 10)

*submission for Queen's Commonwealth Writing Competition*

Wealth - usually used to describe the positivity of money, assets or social riches owned by an individual. There are various means to wealth, whether physical or intangible objects, everyone has some form of wealth. However, the Earth carries an estimated seven billion people, making it nearly impossible for each person to have something in common with another all around the world, however, there is one significant relation between each person.

Fear - an emotion triggered by the means of something opposing what someone is comfortable or accustomed to, ranging from the fear of bed monsters, to spiders, to failure, to death or the fear of being afraid, affecting a person with varying levels of impact. The staggering fact about fear is that, no matter who or what you are, everyone is afraid of something, whether it be mental or physical.

Fear can be manufactured into an advantage for a person, and as stated earlier, every individual on the earth has something they are afraid of. Acknowledging this, fear can be interpreted in a positive manner as opposed to being unfavourable to the majority of people. It must be understood that having the correct mindset is the most prominent factor when dealing with fear. For example, being fearful creates space for an individual to be more brilliant and robust than they can imagine of themselves.

However, it is not always about being fearless, but rather having control of it and endeavour it to be used to strive for the betterment of the mental and physical body. When an individual is able to understand the value fear, it makes us rich instead of remaining in debt of fear.

In conclusion, fear should not be looked upon as the lack of prosperousness, but the wealth each and every person in the world carries independently together. Fear makes us zealous, efficacious and secure. We, as people must embrace the wealth we have in common and make use of it to improve ourselves as people. Seven billion people in this world, each having to make the choice: fear everything and run or face everything and rise.





### Jolene Teh Xin-Yuan (Year 10)

#### 7th TDA Dancesport Championships Singapore

- Amateur Rising Star (Champion)
- Amateur Open (1st runner up)

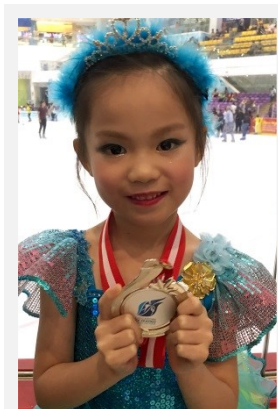
#### 2016 Victoria Open Dancesport Championships Australia

- Youth Open (champion)
- Adult Open (4th placing)

#### The Melbourne Crown 2016 International Dance & Dancesport Championship Australia

- Youth Open (Champion)
- Adult Open (9th placing out of 20 couples)

*Jolene competes in a brother and sister team.  
Her partner is her brother, Justin.*



### Chloe Ng (Year 2)

#### Singapore National Figure Skating Championship

April 25-26, 2016

- Silver medal in the U9 category



Kuala Lumpur Round  
May 14-15, 2016

Congratulations to **Arjuna Tharmalingam, Leanne Yule and Gabriel Ng (Year 10)** on achieving the distinction of being the Overall Champion Team for the Senior Division of the 2016 World Scholar's Cup (Kuala Lumpur Round)!

They also garnered trophies for Best Team for Scholar's Bowl, Second Place for Scholar's Challenge and First Place Overall Student, Senior division (Leanne). They collectively won 15 gold and 11 silver medals in 4 different events of the competition.

They have now qualified to represent the school and Malaysia at the Global Round, competing with more than 3,000 students from over 40 countries to be held in Bangkok next month. We wish you all much success!!



### Tristan Paul & Russell Lam (Year 6)

Back row: Tristan (5th from left), Russell (2nd from right)

#### JSSL Singapore International Soccer 7s

- Finished top of their group but unfortunately lost during the knockout stage in the Round of 16.
- Tristan and Russell played for Goal Academy Malaysia.



## SHARING BY BEATRICE LIM

Last year, I left the comforts of my home in Malaysia for Purdue University (Lafayette, Indiana) in the United States of America. I was quite apprehensive at first but I quickly settled into university life with the help of my newfound friends.

Currently, I am majoring in Mechanical Engineering with a Russian language minor at the University of Purdue. My interest in Russian grew out of an act of spontaneity when I first joined the university. I have since learned to love the language even more, and also the Russian culture.

University life is very different from high school. I have learned to be more self-disciplined and the academic skills that I had learned from taking A-levels at HIS helped me excel in my exams and coursework. It also helped me cope with stress and manage my time efficiently.

Apart from the academics, I am a member of Purdue Rowing. I train at the boathouse 6 times a week for 3 hours and although it is extremely tiring, I enjoy the sport very much. It has taught me the value of team work and being self-disciplined. The spring semester has been especially tough for me as I had to cope with my studies and travelling for regattas in Philadelphia, Tennessee and Michigan. However, it has also been extremely rewarding to see all my hard work pay off in both my studies and in rowing.

Every new semester feels different to me, with more opportunities to learn new things which is what I love about being in university. I'm really excited about joining new clubs and university events. Next semester will also be the start of my new tutoring job in an engineering class.



*Middle photo:*  
Beatrice (1st from left) and her crew mates with their medals

*Bottom photo:*  
Beatrice (1st from left) in action at a recent regatta



Beatrice at the Grand Canyon

