



Newsletter

Issue: 2017 / May



Cover

One of the HIS teams during the SMaths Challenge 2017 Buzz Quiz round. Teams had to solve word problems within a 2-3 minute timeframe per question before the buzzer sounded. Only 5 out of 36 teams made it into the final round.

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Message from the Principal



We are fast approaching the end of our fourth year as an institution and I am happy to say we have been very successful, particularly for such a young school. We have seen lots of changes, been involved in many special events, dealt with numerous challenges and we have built the foundation of an educational community that will thrive and prosper over the following years. However, we know it is never a good idea to rest on our laurels and we strive to make sure this journey is made with open eyes and inquiring minds. Taking stock, therefore, we can enjoy our achievements but always in the light of the responsibility we have towards our students and families, a responsibility which demands that we continue to keep our feet on the ground while looking to inspire and to be inspired by our community. I have noted below some of the ways in which we hope to consolidate our standing as a leading international school for our diverse community. I'm so happy that we have reached this level. Now we must maintain our beliefs and our ethos of *Life in all its Fullness* and work to see this is reflected in our young peoples' hearts and minds.

Some exciting things happening in June include a visit from the British High Commission's 'Education is GREAT' initiative and a ceremony for the unveiling of our Apple Distinguished School status plaque. We are excited to begin preparation for hosting our first AIMS Teacher Conference at HIS next year, welcoming the AIMS Chairperson, Mr Peter Wells, and representatives from all the AIMS members. We have our Year 11 Graduation Ball to look forward to (while being sad to see some of our students leave for new challenges). We look forward to seeing them in the summer break when they collect their results. As for recent events, we have been thrilled to host our second SMaths (Singapore Maths) challenge, attended

by students from all over Malaysia. Our Apple Distinguished School Multi-Touch Book is now available to be read and we are very grateful to the staff, parents and students who worked on this publication and made it such a great showcase for what we do here. We have enjoyed our Week of Gratitude and a wonderful Teacher's Day. Our Key Stage 1 Swim Gala and Sports Day were immensely joyful occasions for students and staff alike.

We are very proud of our facilities but we are always looking at ways we can improve them for our students. Over the summer, we are planning some exciting developments around the school building and grounds. This includes completing the changes and additions to the A-Levels suite and we will be creating a new space for the uniform and book shops. Our science labs will see some renovation. We will also be looking at specific areas around the school to link with our House system and creating some 'House identity' for these areas. Chess will become a 'thing' around the school with several chess hotspots throughout the building, for anyone to sit down and play. For parents, we are looking at revamping the reception area and creating a welcoming concierge desk in the foyer to offer our parents a more dedicated service and to help consolidate security.

Mindful that in the midst of celebrations, we live in a world that is not always safe or harmonious, this term we have particularly focused on student personal safety and our excellent counselling team have worked hard to get age-appropriate safety messages and practical guidelines to our children, to make them aware of the need to keep safe. We invite parents to support that message, whether it is remembering to buckle seat belts or making sure students have the skills to take those steps into adulthood and independence safely.

We are immersed in extending and enriching our IPC provision ahead of accreditation next year. We will also debut as a Cambridge training and exam centre offering the CIDTL (Cambridge International Diploma in Teaching and Learning) to our staff. We are working not only to ensure we secure our established status but also to continue to strive for innovation and create a unique offer. Exciting times!

I think it is a sign of a healthy and vibrant school to have all these (and much more) going on, throughout the academic year. At the same time, we continue to review all our systems and practices and it is important to look at what we are doing well and what we need to develop and improve upon. It is important to get all our stakeholders' feedback for this. We continue to reach out and make links which enrich the school community and make HIS quite a special environment. We are using PASS to discover our students' attitudes to school and self. This helps us to build up a more in-depth profile of our students as learners. We do appreciate constructive feedback and one of the things I have been working on this term is meeting individually with staff across the school to hear what they have to say and this has produced some lovely ideas about what we can incorporate into the school next year. I also want to commend the admin team who have been working hard at streamlining processes and making sure the school teams are well supported.

When the school first opened, we conducted a parents' survey and this gave us valuable feedback to help us make improvements, fix things that didn't work as they should and consider some great ideas on how to move forward. We are carrying on with our parent workshops. Surveying parents is now an established school practice – it is also crucial for our accreditation process. Therefore, parents will be shortly asked to complete an online survey which also gives an opportunity to suggest constructive ideas and tell us how well various school areas are performing.



I would like to congratulate our new Head Girl, **Emily Chew Wei Ying** (10 Buffett) and Head Boy, **So Zhao Qi** (10 Zhang Xin). I wish them a successful year ahead in their leadership roles.

It is inevitable that, with a school that has grown as quickly as HIS, there will be changes and adaptations that won't always sit well with everyone. We are a resilient school and we have been fortunate not to have any major leadership changes since our founding Principal, Dr Gerard stepped down. We are thoroughly established as a leading international school in the Klang Valley. Our newsletters and Facebook pages do showcase the wonderful opportunities offered to our students and next year will be no different – we have a rigorous calendar planned, with lots of celebrations and learning opportunities.

It is now time for Buka Puasa/Ramadan and I would like to express to the HIS Muslim community, our gratitude for their month of fasting, helping us to be mindful of those less privileged and celebrating community and family togetherness.

Vita Ad Plenitudinem

Ms Davina McCarthy

Preschool IEYC

Ocean Treasures

Our preschoolers started their unit on 'Ocean Treasures' by having a morning at the "beach" enjoying the sun, sea and sand. They explored the treasures in the oceans, investigated the mysterious plant life on the ocean floor and discovered all the amazing animals that make the darkest depths of the ocean their home.



Year 1 IPC

From A to B

There was so much creativity going on during our entry point for 'From A to B'. The children planned, drew and finally put together their model vehicles made from recycled materials from home. Everyone loves to paint, and this was no exception, with lots of detail added in vibrant colours.



Play.
It brings JOY.
IT IS WITHIN THIS CONTEXT,
That learning can occur.

KYLE SNOW, Ph.D.
© The Learning Tree

Year 2 IPC

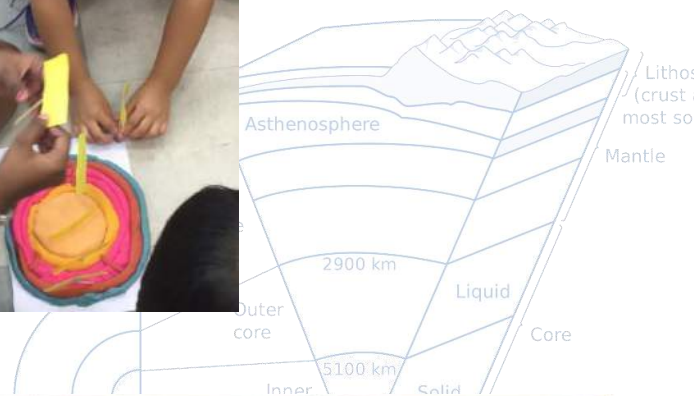
Geography and Science



The Year 2s have been learning about the structure of Earth, especially what happens as you go deeper into the earth.

As part of their research project, each group worked very well to complete the many steps involved to gain knowledge, skills and to share their understanding.

They presented their findings with a play dough model, with each colour representing a separate layer of earth. In the end they concluded that the deeper you go into earth, the hotter it gets.



Year 3 IPC

Do You Live Around Here?

In this unit, through various learning objectives, the students learnt about homes around the world, habitats, animals and food chains.

For entry point, they made bricks using clay and bricks and went on a process of discovery to find out which materials would make sturdier bricks. Under the guidance of the Chief Constructor, Mr Tom, they had a great time getting their hands dirty!



Year 4 English

Fictional Story Writing

Year 4 students recently explored stories with problems and dilemmas. They planned, wrote and edited their fictional stories with great care. The best stories were selected to be part of a Puppet Show which was presented to the Year 2 students.

The presenters and puppeteers put in a lot of effort, rehearsing tirelessly so as to put on a good show. Their efforts paid off! The Year 2 students enjoyed themselves tremendously.



Year 5 IPC

Space Explorers

In their IPC unit 'Space Explorers', students have been learning about space and what better way to do that than to have a direct engagement with an astronaut.

During the Skype call, astronaut Doug Wheelock inspired the students with his talk of how he became an astronaut and spoke about how important the STEM subjects are. The students were amazed when he said that he thought it would be possible to have astronauts walk on Mars in 20 years.



Year 6 Residential Trip

Penang in 3 days/2 nights

The Year 6s had a great time exploring Penang, soaking in the history and culture, all while forging firm bonds with their peers.

Every learning activity was designed to allow them to build character, work on leadership development, and appreciate diversity.

Most importantly, they all had fun learning!



Year 7 IMYC

Discovery

It was an interesting start to the IMYC unit 'Discovery' - where students learnt that finding out new things is a human driver that affects things for better or worse.

Our Year 7 students were asked to solve a murder by recording the findings and therefore, deducing who was the guilty one. It was a very tough exercise indeed, which required much analysis of sequence and events.

Thank you to all teachers who acted to make this a very productive and stimulating lesson for our students.



Whodunnit? Who murdered the victim (who looked uncannily like Mr Mark) and left him in a pool of blood?

'Suspects' were interviewed to see whether their alibis were sound and made sense.



With this unit, teachers sought to instill inquisitive and thinking minds in our students that they could apply across all subjects. In a separate exercise, students were tasked to design their own paper planes to see whose could fly the furthest—all in the name of aerodynamics.



Year 9 French

Journée de la Francophonie

Bravo to the 13 Year 9 students who represented HIS at the French Embassy's 'Journée de la Francophonie', a yearly French language day. This year it was held at the HELP College of Arts and Technology.

Our students sang a choral piece from the film 'Les Choristes' called 'Vois sur ton Chemin', performing for the Belgian Ambassador to Malaysia and numerous French dignitaries.



IGCSE Biology

Ecology Day Trip

Our Year 10 Biology students recently visited Lenggeng, Negeri Sembilan. The students had a great time learning about organisms in their environment and about human influence on the environments outside the classroom.



IGCSE Business Studies

Field Trip

Opening their eyes to the world of business, students visited Bank Negara Museum and Art Gallery, as well as Gardenia Bread Factory.

Besides soaking in the history of ringgit at the museum, they also gained an understanding on the Malaysian economy and its economic history, the Bank's role in the nation's economic development and financial regulation since 1959 to the present day.

At Gardenia bread factory, students got to observe the intricate process of making bread, and appreciate the massive production line with machines and robots. They saw for themselves there are no short cut to success. It is a result of hard work, planning and perseverance.



IGCSE English Literature

Macbeth

English Department recently took 74 students to KLPAC (Kuala Lumpur Performing Arts Center) to watch a wonderful performance of Macbeth. Not only did the students get to watch their IGCSE Literature exam text brought to life by the KL Shakespeare players, they also got the opportunity to ask questions and mingle with the actors and director after the play.



Talks: Personal Safety in Public Spaces



Secondary

An assembly was held for secondary students to increase awareness about recent crimes in the Klang Valley and therefore the need to stay vigilant at all times, especially when moving around in public spaces.

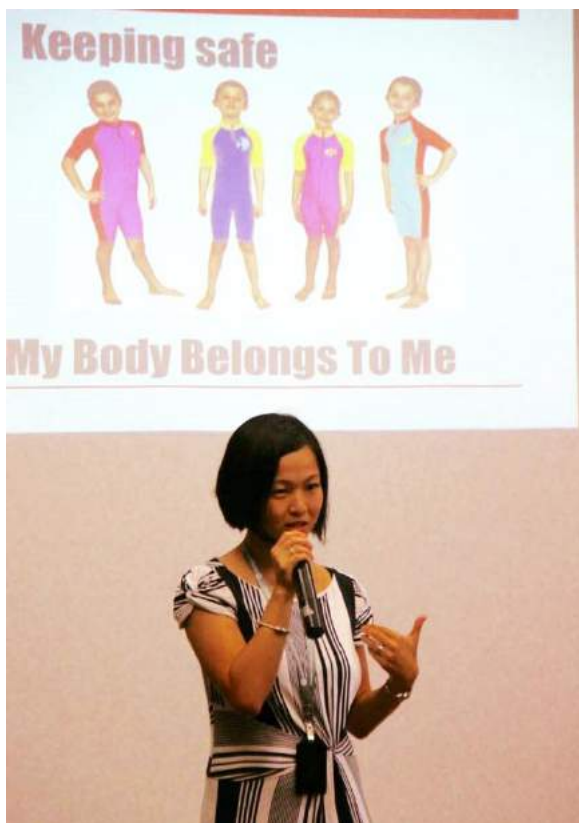
Students were briefed on safety tips and they were encouraged to practice them at all times. They were given information on strategies in situations of unease or if they sense something is not right.

We believe that knowledge is power. It's important that our students are made aware of safety issues and to know how to avoid putting themselves in vulnerable situations.

Students were also informed about the Volunteer Smartphone Patrol (VSP) and the Go-To-Safety-Point (GTSP) introduced by the Malaysian Police Force recently.

[https://www.rmp.gov.my/program-pdrm/volunteer-smartphone-patrol-\(vsp\)/pelaksanaan-vsp](https://www.rmp.gov.my/program-pdrm/volunteer-smartphone-patrol-(vsp)/pelaksanaan-vsp)

- * Keep emergency contacts handy
- * Don't be out alone
- * Avoid deserted areas and spaces
- * Keep parents/guardians informed of your plans and whereabouts
- * Stay alert and tune in all senses
- * Trust your instincts



Primary

Our primary students too had an educational time learning about personal safety in public places. In previous sessions, they learned about body safety and skills to protect themselves from unsafe touches.

This month, it was the importance of personal safety in public areas. Students were taught on ways to keep safe in public places and how to recognise danger, and what to do in the event of it.



HELP INTERNATIONAL SCHOOL RECOGNISED BY APPLE FOR INNOVATION, LEADERSHIP AND EDUCATIONAL EXCELLENCE

HELP International School has recently been recognised as an Apple Distinguished School for 2017-2018 for its innovation, leadership, and educational excellence. This Apple Distinguished School award is not merely awarded to any school that uses Apple technology, but rather awarded to schools that are **technologically innovative** and who provide a rigorous **learning environment** for students and staff through various collaborative efforts with the Apple technology.

As part of the recognition process for this award, a multi-touch book was submitted, covering 5 key areas of school development.

- 1) Visionary leadership
- 2) Innovative learning and teaching
- 3) Ongoing professional learning
- 4) Compelling evidence of success
- 5) Flexible learning environment

What is this multi-touch book about?

The multi-touch book was prepared by our EdTech team to showcase the HIS story, highlight various milestones and areas of engagement with our community and feature our many achievements throughout the years. Most importantly, this multi-touch book will give you a better understanding of the journey HIS has been on, and how educational technology has been used in HIS to complement the curriculum.

Students and teachers use a variety of learning apps to extend and redefine learning and teaching. They use apps that allow easy access to Green Screen technology, bringing various topics and subjects to life, from reporting 'live' from a volcano site for a geography project, to having a mock debate with Greek philosophers during history lessons. Students also reflect on their own learning using a learning journal app called Seesaw, where they are able explain what they learn in a mathematics topic, or reflect upon the challenges they have faced, and collaborate and



You may navigate the entire book at your own leisure. Just click on the areas that you'd like to know more about to expand the pages.



Distinguished School

Recognized by Apple as a distinguished school for innovation, leadership, and educational excellence.

seek feedback from their peers. Students create their own content using the Book Creator app, where staff and students become authentic authors of their own learning, science research, interactive storytelling, poetry and music recital, and many more. To keep learning alive and interesting, students are able to communicate their knowledge in a number of ways, from traditional writing of essays, book reports or models to more interactive ways such as video. With the iMovie app, every student can become a movie director, presenting their ideas and learning in a movie, complete with audio and special effects.

As part of the commitment to innovative learning, school leadership, teachers and parents recognise the importance of responsible use of technology and the various learning apps. Teachers are encouraged to share best practice in classrooms, using social media platforms to celebrate success, inspiring everyone in the school community and beyond.

Change is inevitable. Significant changes are often a result of the advancement in technology and this trend is bound to continue.

So what does it mean for education? For us, it is important to understand it, keep up with it and use it to complement our learning and transform and redefine the way we learn and teach.

We hope this multi-touch book gives you a better understanding of what we have been doing and will continue to do in HIS to benefit our students.



To find out more about how HIS is using Apple technology to enrich the learning environment for our school community, please access our iBook through the link provided below:

<http://bit.ly/HISMulti-TouchBook2017>

- * To view our Apple Distinguished School Multi-Touch Book you need to have the iBooks App on an iPad or a Mac computer. If you need to download the app, please visit the iTunes Store or the App Store
- * Once you have iBooks app, you can download the Multi-Touch Book 'Life in all its Fullness' here.
- * You do not need to sign in to Dropbox or create an account, just click 'No, thanks. Continue to View'
- * Select Download and then 'Direct Download'

This file is 1.03GB, please ensure you are connected to a wireless network and you have time to complete the download in full.



There are also numerous videos available throughout the book, ranging from the visions of our founders and principals, to teachers and parents.

BUILDING Capacity

In our second and third years of operation, we recognised the importance of being agile, responding to the needs of all stakeholders: students, parents, academic and administrative staff as well as our Board of Governors. We were open and receptive to feedback, we adopted a philosophy of listening and being adaptable when change was needed. Parent consultations, student surveys and staff focus groups helped to guide and refine our policies and practices. Our bi-annual staff retreats gave us the opportunity to reaffirm our shared vision.

- Parent Engagement → Read more...
- Student Leadership → Read more...
- Investing in People → Read more...

Our bi-annual staff retreats gave us the opportunity to reaffirm our shared vision and mission as well as setting the agenda for our future strategic development. *More Vision, Smoother Practices*

43% of staff promotions are internal appointments

2014, 2015, 2016

Talent Development, Parent Engagement

GroundBREAKING

In our fourth academic year, we came together as a team at our bi-annual retreat. We were able to reflect on our journey - how the school, the staff, students and parents had grown and developed. We took time to review and celebrate everything we had achieved, what we could improve on and set out our goals for the next two years.

The next milestone on our journey is about doing things better, collaborating, creating opportunities to share and exchange ideas, changing and adapting to new situations and continuing to invest in people.

1 day 160 staff

Since iPad piloted, inspire and create

Celebrating Success Through Social Media

More staff members and departments came onboard with celebrating success through Twitter and other social media platforms. Departments were encouraged to share with the world the great things that were going on in their classrooms.

Creation, Curation and Collaboration

In September, we set the scene with a whole day of

2016, 2017

iBooks Author, Parent Engagement, iPad supporting Mandarin

Continuous Learning at HIS

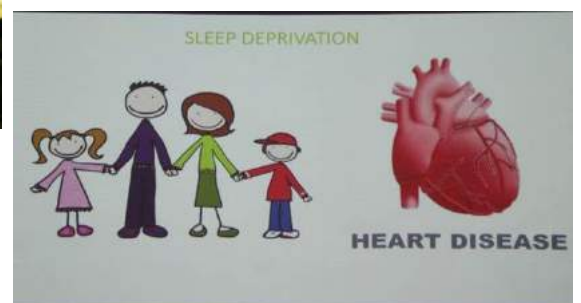
As our teachers continue to inspire and instill a love of learning in our students, they too need to be inspired and kept abreast of the latest developments in academia, school curriculum, and general education trends.

Every Friday, when our students are dismissed, teachers continue learning by attending Professional Learning courses at school. This is the time when they have sessions to train themselves, and their fellow teachers in teaching our students.



Parents too have the opportunity to continuously learn through various parent workshops organised by teachers, our counselling department or external speakers.

The topics could range from topics such as 'Reading as a stimulus for Writing', to 'The Importance of Sleep', to 'Unlock Your Child's Potential'.

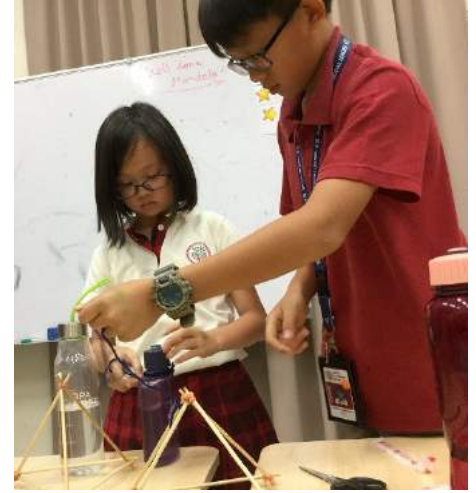
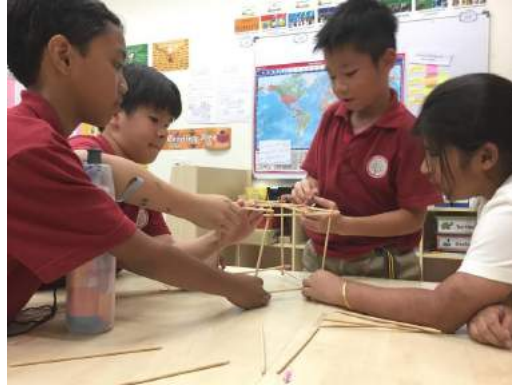


CO-CURRICULAR ACTIVITIES AT HIS

Take a look at some of the CCA clubs being run in school this term. With such diverse range of activities on offer, our students are able to develop and nurture various interests. At HIS we firmly believe that the CCA offerings are to complement the academics and to support intellectual, emotional, social, moral, creative and physical development.

KS2 Science Club

Students test for the point of failure in their chopstick structures. What will break first - the string, the chopsticks or the elastic joints?



Colour Rush

Children are having lots of fun mixing the watercolours, their imagination and creativity run wild! We painted our names and abstract art using watercolours and masking tapes. There was also celery stamping art, blow painting, colouring the repetitive patterns using colour pencils and many more.

Chef Wannabe

We chop hard, fry hard, eat hard and laugh hard! Students roll up their sleeves and get busy exploring a vast array of recipes: traditional/ non-traditional, Eastern/Western, simple/elaborate.

They prep and cook good food: eat some, share some, even burn some! While it's no bed of roses - they all sweat furiously cleaning the kitchen after the fun and fiesta - it's all part of a chef wannabe's journey - so bring it on!



Fun with Chinese Art Painting

There have been some fruitful sessions when students were introduced to the fundamental and systematic approaches to colourful Chinese Painting. Students learn how to use basic brush strokes through marks, points and lines along with different objects such as animals, fruits, leaves, flowers and insects.

Not only does this encourage their creativity but it also aids their understanding of the Chinese culture and heritage.



Coding Club

Coding Club is a fun opportunity for the students to develop their programming and coding skills, by creating games, driving a robot or programming a device.

Through exciting activities they absorb the programming concepts while learning about other areas like maths, science, language skills, problem solving or logical thinking. It also encourages them to be creative and innovative.

Students deeply understand fundamental topics like sequencing, loops, and conditionals while they stay engaged and continue learning and creating.

Just about everything we use on a daily basis runs on code, so by equipping children with coding skills we are giving them the power to understand the world around them.



Sphero Grand Prix CCA

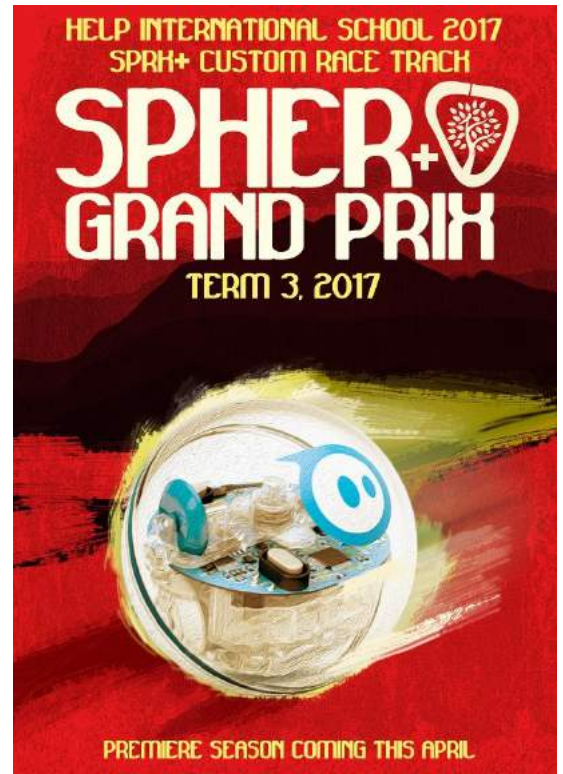
Ready, set, code! The new Sphero Grand Prix CCA has kicked off its first season and the racers are having tons of fun with their little robots.

For those of you who are wondering what exactly a Sphero is, imagine a clear tennis ball that always keeps itself upright, talks and flashes with an array of different colours! The CCA incorporates engineering, robotic visual programming and racing to inspire the young racers to use technology in new and exciting ways.

So far, the CCA has performed three trial races varying in style and winning expectations. For example, Trial One saw the racers getting to grips with the companion iPad coding app for the little robots by completing a marked out track with some daunting obstacles. Trial three, our latest race, had racers communicating only through iPads to code a track and then transfer that code to their team mate who would then run the code in a single attempt to reach the finish line. If the code was accurate and shared well, the racing team would reach the finish line first! Needless to say, racers experience healthy amounts of excitement, adrenaline, frustration, and laughter.

There are some design and technology engineering innovations too! Students have designed their own coding mazes and now have two customisable Sphero Maze boards for endless coding fun and practice. Racers also custom build ramps, tunnels and other obstacles to challenge themselves in their code. Of course, after a hard day at the track...racers are treated to 'free drive' races where coding is not needed, only sheer determination and motor skills!

The Sphero Grand Prix CCA is shaping up to be an interesting season and best of luck to the racers!





SMATHS 2017 WINNERS

Category 1 (Year 3)

1	Jaydon Teh Khai Jie	Nobel International
2	Lee Jya Xuen	SRJK (C) Kepong 3
3	Brian Ong Wen Bo	Sri Kuala Lumpur
4	Jonathan Sean Jin Ooi	SJK Lick Hung
5	Kathleen Wong	Dwi Emas International
6	Lee Jia Yi	HELP International
7	Liam Ishan	HELP International
8	Kate Cheah	Eaton International
9	Sean Wu Sheng Yang	SJK (C) Pin Hwa 1
10	Lim Xevay	SJK Yuk Chai

Category 2 (Year 4)

1	Tan Yu Shen	HELP International
2	Jared Goh Wern Hee	HELP International
	Ariana Hafiz	HELP International
4	Amelia Siow	Sk Taman Bukit Maluri
5	Gan Zhe Dean	HELP International
6	Avi Bajaj	Woodlands International
7	Deng Jia Yuan	HELP International
8	Cheong Kaeng Fye, Cayden	HELP International
9	Ethan Chan Lyt-Jho	HELP International
10	Leia Ong Li Hong	HELP International

Category 3 (Year 5)

1	Lien Xin Hui	SJK (C) Lai Ming
2	Ong Kai Qing	Sri Kuala Lumpur
3	Eugene Hwang	SJKC Han Ming
4	Dylan Chew	HELP International
5	Cayden Wong Kai Xuan	HELP International
6	Low Jun Xuan	SRJKC Kim Sen Bukit Mertajam
7	Edwen Wong Sheng Hong	Dwi Emas International
8	Aloysius Lim Ming Zhou	SJK (C) Kheng Chee
9	Kenji Ang Chuen Chen	Dwi Emas International
10	Oliver Oh Aik Dee	HELP International

Category 4 (Year 6)

1	Lim Ming Wen	SJKC Yuk Chai
2	Ethan Tan Ee Teng	HELP International
3	Divyesh Shurish	HELP International
4	Lim Hao Feng	HELP International
5	Germaine Soo Jen Ning	HELP International
6	Athena Siow	SK Taman Bukit Maluri
7	Aman Tayal	Woodlands International
8	Ng Yee En	Regent International Sungai Petani
9	Kriteishini R.G. Elangovan	SK Bukit Rimau
10	Wong Zi Yue	HELP International



Team Event

Champion : **Mixed Team**

- Australian International
- SK Methodist Kuala Lumpur
- St Joseph Institution

1st Runner-Up : **Dwi Emas International**

2nd Runner-Up : **SK USJ 12**

Finalist : **SK USJ 12**

Finalist : **Nobel International**

**** Competed in Tie-Breaker (for 5th place) :**

HELP International

- Dava Xi Gunananthan
- Terrence Chan Jia Le
- Wong Zi Yue





WEEK OF GRATITUDE TEACHERS / STAFF APPRECIATION DAY

May 12

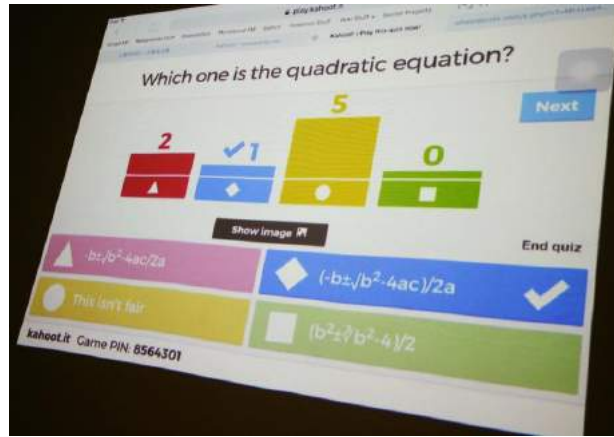


**SECONDARY SCHOOL ASSEMBLY:
TEACHER'S APPRECIATION DAY**

This year's assembly was very ably hosted and managed by the head prefect applicants. They produced a hilarious video about the teachers, which caught them all by surprise!

They also had a Kahoot! event where teachers from each department had to test their knowledge (haha, the tables are turned for once).

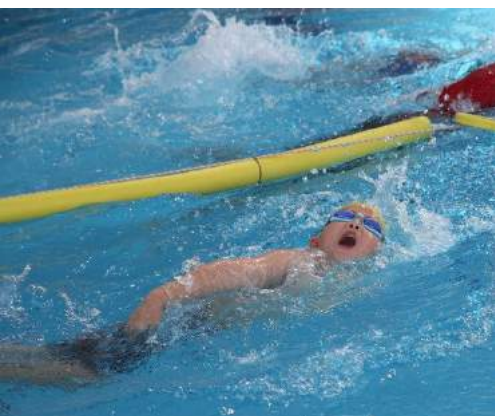
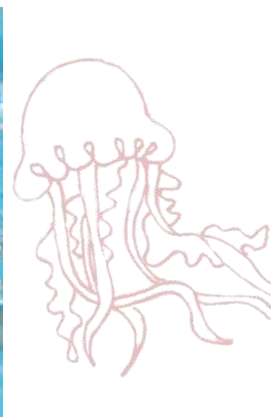
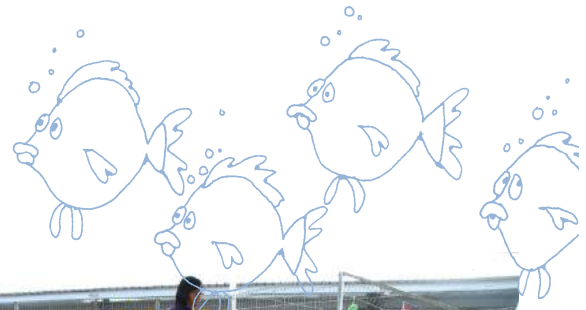
The Humanities Department team won, amidst rousing cheers from the students and their fellow teachers.





KS 1 SWIMMING

May 24







KS 1 SPORTS DAY

March 22







YEAR 11 LEAVERS ASSEMBLY

April 21

It was a memorable and touching event to celebrate the last official day for the Year 11 students before they went for their study leave.

Parents sent in baby photos to surprise their children accompanied by motivating messages, which were also contributed by teachers. Students performed a song and prepared a video thanking their teachers and reliving memories of their time in the school.

The assembly ended on a high note with a goodbye video from teachers, wishing them well.

“Go confidently in the direction of your dreams! Live the life you've imagined.”

~ Henry David Thoreau





"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt



STUDENT CORNER

MSSS & MSSD REFLECTION

Having stood on the topmost step of the podium and hearing my name announced over the loudspeaker as the receiver of the 'pingat emas' was truly humbling. As an athlete, nothing is ever enough. Our thirst for first is never quenched; the finish line recedes from vision each time we get closer. But in that moment, every treacherous training session, every ragged breath I heave, every ache in my body – is worth it.

I joined track and field not because of the thirst for glory, but much rather for my love of the sport. Running is liberating. With every step you take, every milestone you reach, every height you soar to, you discover something brand new about yourself. Track and field instilled morals of persistence, resilience and determination in me. This sport is my passion. I love it for the guts and the glory, and there is no way I would give up on myself.

I adore competing. The thrill of the tension, the even odds before a race, the palpable intensity. It is exhilarating, and I am addicted.

March 7, 2017. I returned to the track, a year after losing the gold medal in the 800m by just one second. I remember promising myself I would return stronger, better, faster. This year, I poured my blood, sweat and tears into the heats and the finals of the 800m race, and I finished first with a new personal best!

The beauty of track and field has opened up vast new horizons for me. Aside from bringing home a medal, I also brought home new experiences – I got to know people that were as passionate about the sport as I am; their enthusiasm infectious and inspiring. It has been a humbling and fulfilling experience.

Thank you God, for making this happen.

~ Chew Han Ying



This year of MSS track and field was a blend between triumph and defeat, and every single part of it made me reflect on the perspective I had of both myself and athletics. It reminded me to remain humble even in my most triumphant moments, and not to be too downhearted in the most dispirited times.

This is my second year of qualifying for MSSS, and it seems almost as if the competition gets tougher and tougher each year. Nevertheless, my experience through these competitions have only taught me that the only truly satisfying feeling you can get out there on the track is when you've won knowing that you've done your utmost to produce such timings and records. Behind every medal won, there comes a great amount of excruciating training and an attitude that's not easily crushed; behind every record broken, there comes massive determination and perseverance through endless challenges that can only be endured by those that never stop having the constant desire to gradually ameliorate and to be better than they've ever been. I'm also taught that track and field doesn't revolve solely around competitive races and tournaments, but a great deal of sportsmanship and bonds made between the people you meet along the journey.

All in all, the time I've had in both the MSSS training and competition was remarkably phenomenal, yet never am I to forget that all of it was made possible by the blessings of God. Lastly, I am utterly grateful to the teachers at HIS for providing me with the opportunity to experience all this and I sincerely hope that this platform can be a stepping stone for all of HIS's promising athletes to be faster, stronger, and to rise higher.

~ Bryan Kan

STUDENT ACHIEVEMENTS



Dava Xi Gunananthan (Year 6)
Vara Qi Gunananthan (Year 8)

**PORT DICKSON INTERNATIONAL
 SPRINT TRIATHLON**

April 22, 2017

Category : Under-35

750m swim in the open sea,
 20km cycle and 5 km run

- ★ At 10, the organisers believe Dava is the youngest to have completed the event.



Katerina Lee Jia Jing (Year 6)

**BAKAT PELAPIS NEGERI 1/2017
 (GYMNASTICS)**

April 20—23, 2017

Category : Grade 3 (Under 12)

- ★ Individual : 4 Bronze
- ★ Team : 1 Silver



Goh Jit Wern (Year 4)

**BAKAT PELAPIS NEGERI 1/2017
 (GYMNASTICS)**

April 20—23, 2017

Category : Grade 1

- ★ 1 Gold
- ★ 4 Bronze
- ★ 4th Overall Champion



Lee Han-hsiang (Year 7)

**"BEST OF TAEKWANDO CLUBS"
 COMPETITION**

April 22—23, 2017

Under his age category for Junior
 Black Belt

- ★ Gold for Pattern
- ★ Silver for Sparring
- ★ Best Overall Performer



Vishnu Giridran (Year 9)

**HKC BADMINTON
 TOURNAMENT 2017**

May 21, 2017

Category : Boys Doubles U16

- ★ 1st place