

Newsletter

HELP INTERNATIONAL SCHOOL

Issue: 2019 / April



Featured Within:

**CELEBRATING
FAMILY DAY
SWIM GALA
SPORTS DAY**

**BOOK WEEK
CAREER WEEK
INTERNATIONAL
DOE AWARD**



Cover:

Datin Chan, Ms Davina, Datuk Chan, Dr Gerard officiating our first ever Family Day!

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PRINCIPAL'S MESSAGE



Such a busy time of the year with mock exams, trips, celebrations and everything else. Walking around the school and looking at our bulletins and our social media such as Facebook and Twitter, I am amazed by how much is going on day to day here at HIS. It is a credit to our teachers, students and support teams to see such involvement and dedication to the craft of learning.

We have also enjoyed a visit from our new Principal, Mr Martin Van Rijswijk, who is here to get a good insight into the way HIS operates on the ground and to meet as many of our wonderful staff and students as he can. We hope he enjoyed experiencing all that our school has to offer and ended his visit knowing that, when he starts his role in July, he will be able to hit the ground running, secure in the knowledge that his academic and admin teams are ready and able to continue the good work. Mr Martin attended our Family Day on 30 March and said how much he enjoyed a really wonderful event.

It was so good to see our community coming together for some fun and for the charitable causes we support. I must send out a huge thank you to everyone who was involved in setting up this event, led by Mr Mark, Ms Pei Shee and Ms Ju Yit – along with the staff, students and parents who set up and ran the stalls - your hard work and careful planning was so very much appreciated.

Our students are preparing for their exams and many will, I'm sure, be nervous at the prospect but we wish them the best of luck. If you study carefully and revise regularly you'll do well. Keep the faith! There are a number of revision classes this Easter break and I would ask you to please encourage our students to email their teachers with any enquiries. Our Counselling Team are also on hand to respond to any worries and questions. If you need inspiration for achievement, then you need look no further than our amazing, talented students who continue to reach new heights – our World Scholar's Cup (WSC) Scholars, our wonderful sports players and artistic creatives. Congratulations to Anandita Abraham, one of our prefect leaders, who has won a global literary contest with her piece 'Breaking News' from the Fitzgerald Museum in the USA.



(L-R): Mr Mark, Mr Martin, Datin Chan, Ms Davina, Datuk Chan, Dr Gerard and Mr Adam

I am happy to see so many student-led events happening and I want to thank, in particular, the students who did the filming for the Apple Distinguished School (ADS) iBook submission. Ng Jun Yang, Amaraysh Lai See Yoong and Adam Najwan Mohamad Daud Chuah for filming and editing and Syed Alif Aziman Wan Khalik, Dylan Gan Xu Bin and Imran Anwar Shamsul Anwar for filming. A great job. I also enjoyed seeing the students who won seed funding from last year's M.A.D. (Make A Difference) Leadership Summit, organise an awareness campaign in school, on equal opportunities regardless of gender. It is really wonderful to see them taking responsibility for sharing their passions.

We are rightly proud of our staff who continue to develop themselves professionally with, for example, the upcoming Cambridge PDQ Award. We have many teachers taking part in this course over the Easter break and wish them the very best of luck. The last cohort of teachers for this award were successful and have added this qualification to their portfolio. We also welcome back the UK Cambridge trainers who helped, so successfully, to get those staff members to the finishing line and who are helping us to build capacity with our own trainers here at HIS. Cambridge has been a wonderful school partner for HIS and it was really a privilege working with them as part of our school journey. I would also like to extend a huge congratulations to Ms Vicky Heng and Mr Jamie Speakman, our Learning Innovation Coaches who have been successful in their applications to be recognised by Apple as Distinguished Educators (ADEs).

To underline all this and all the great work being done here at HIS, we are in the process of applying for renewal of our Apple Distinguished School status and a team of students and staff, led by Mr Matt Marson, have been creating a new iBook to submit to Apple. This is an interactive and exciting publication showcasing the school, the students and the staff through videos, photographs, surveys, data, descriptors and an updating, live feature wall which changes constantly as new initiatives are posted to social media platforms. In March, we submitted this second multi-touch book documenting our progress since receiving recognition as part of the Apple Distinguished School (ADS) programme in 2017. This renewed recognition, if successful will span 2019-2021. We hope to share the published multi-touch book with parents later in the academic year. Apple defines distinguished schools as



centres of leadership and educational excellence that demonstrate Apple's vision for learning with technology — and they believe ADS' are some of the most innovative schools in the world. There are around 400 schools across 29 countries.

In another initiative, HIS sent four delegates to the Fieldwork International Curriculum Conference in Singapore earlier this month where they were tasked with presenting a virtual learning walk of our school and to deliver IPC and IMYC professional development workshops. There was a lot of interest in how our school operates both the IPC and the IMYC, and many positive and reflective conversations were had with peers from around the globe. HIS was awarded a 'Mastering' level for International Mindedness during our IPC accreditation last year, and this was a hot topic of conversation as other schools quizzed our delegates about our best practices. How we operate the IMYC stirred many positive conversations between both delegates and Fieldwork representatives. Requests have been flying in for us to share our learning resources with the wider community and for visits to see the IMYC in action. Our social media presence has played a big part in putting HIS on the map within the ASEAN region and beyond, and this was widely commended at the conference. I'd like to thank our staff ambassadors for presenting at these conferences and for sharing our remarkable school journey. In my final months, as I reflect on the past few years, I can see that we really have established a special learning community here at HIS. One I am particularly proud of.

I wish everyone a relaxing and enjoyable break this Easter holiday. If you're travelling, have a safe journey and I look forward to seeing you all back for the new term.

Vita ad Plenitudinem.
Ms Davina McCarthy



DUKE OF EDINBURGH'S INTERNATIONAL AWARD (DoE)

by So Zhao-Qi & Teh Nian Yii (Year 12)

The Duke of Edinburgh's International Award (DoE) is the world's leading youth achievement award. Open to anyone between the ages of 14 and 25, the award encourages participants to build new experiences and challenge their personal limits. Read on to get a better understanding of the various sections of the award, and to take a peek at what the Silver Award participants have been doing.



HIS currently offers the Bronze and Silver level of the Award and this opportunity is provided to our students once every academic year. At HIS, Year 12 students are the only students approved for direct entry into the Silver level, whilst all other students will enter at Bronze. Every student who chooses to begin their DoE journey is assigned an award leader who will provide guidance for the Skill, Physical Recreation, and Service sections of the award. All participants of the award are also required to take a compulsory CCA, where we learn the crucial survival skills required for the Adventurous Journey.

After coming back from our Practice Journey in late February, we have taken the time to catch up with a few of our fellow DoE Silver participants to see how far we have all progressed in our respective awards.

Skill

The 'Skill' section of the DoE award requires participants to either further progress and improve skills they already possess, or to pick up something new entirely. We can choose to do anything from playing the piano, gardening, to even star-gazing.

One of our friends here at HIS, Kathryn, chose photography as her skill. Every week, she spends at least an hour either searching for new inspiration with a camera in hand or in front of the computer editing and refining her photos. She not only photographs inanimate objects but also regularly uses her friends and family as models in her photos.



One of Kathryn's masterpieces, with another friend of ours, Emma, as her model.

Alishba, another fellow participant of DoE Silver, has chosen to further her skills in baking. Some of her creations so far include banana chocolate chip cupcakes, a fruit trifle, and sugar cookies. Prior to starting the DoE award, Alishba had taken a course at the Malaysian Institute of Baking, which inspired her to integrate baking into her award.



Alishba's Christmas sugar cookies.

Physical Recreation

In this section of the award, participants are encouraged to get active and involved in sports. Just like every other section of DoE, we have the freedom to choose any activity as long as it improves fitness and physical ability. Some may choose to take part in a group sport such as basketball or football, while others may opt for cycling around their neighbourhood every week.



Doing side planks in the gym as part of the Physical Recreation CCA.

At HIS, Ms Ruth and Mr Matthew specifically run an optional CCA for the DoE Physical Recreation section. Every week, members of the CCA get together and workout, whether it be doing circuits, walking up and down around the school, or trying a hand at yoga. This not only serves well to improving their fitness and getting them physically ready for their upcoming expedition journey, but it also gives our students a chance to blow off some steam after a long day of studying in school.

Service

The 'Service' section pushes participants to give back to society and make a difference in the lives of others. This can entail volunteering at the local animal shelter, or even starting your own fundraiser for an orphanage.

'Project Purpose' is a one and a half year programme in A-Level at HIS which challenges students to structure a project that solves the needs of others. Thus, the Silver participants of HIS, who are all from A-Level, mostly

choose to use their Project Purpose to fulfil the Service section of DoE. Projects include RedTalks, a group advocating for female hygiene; Project: Adopt and Neuter, a group aimed at helping stray animals; PSYCHE, a group focusing on the raising awareness about mental health; and many more.

Some, however, choose to complete their Service section separate from Project Purpose. One of them is William, who chose to volunteer at the Malaysia Association of the Blind every Friday after school.

"When I first started doing my service, it was a hassle and a chore, but my experience with MAB changed my perspective on life and the world we live in. After volunteering for months now, I feel that I have found some purpose there. The entire journey of going through the Duke of Edinburgh's International Award helps individuals discover their true value in the world and I have found mine in helping those in need in our nation."

~ William

Expedition

The biggest part of DoE is definitely the Adventurous Journey, which is also known as the Expedition.

We spent months of preparing and learning survival skills to prepare for the journey, this includes learning how to cook outdoors, setting up a tent and providing first aid.

However, before the actual expedition, we had to have a practice journey.

Our practice expedition (*photos on next page*) was in the mountainous terrain of Hulu Langat, Selangor. A whole three days of walking and two nights of sleeping in tents was a fresh new experience for most of us and left us with many cherishable memories.

We enjoyed the gorgeous view of the top of a waterfall after climbing for nearly 7 hours, gathered together



Students visiting the Society of Prevention of Cruelty towards Animals (SPCA) to discuss their project as part of their DoE Service and Project Purpose.

outside our tents in the dark to tell each other stories, cooked a variety of meals to share with each other and even had a wonderful karaoke session while hiking across the mountain.

Despite the tiring long walk and heavy rucksacks, we also learned to work together and push ourselves to keep going. Pulling each other up a steep slope or exclaiming encouraging words strengthened our bond as friends, and gives us the motivation to take on the upcoming actual Expedition in July.

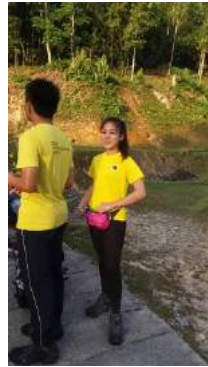
Conclusion

The DoE award is a long journey of self-development for students. Aside from the new skills we have learnt, training ourselves to be more fit, finding purpose within our community and hiking through nature, we also learn to be more responsible for ourselves.

The award gives us a chance to learn to manage our time and consult others when facing difficulties, as well as develop our commitment and perseverance, key factors necessary to complete the entire journey.

The experiences given by the Duke of Edinburgh award are unique to each individual, and we have already learned so many new things and developed as people because of it.

✍



Family Day

30 MARCH 2019

Mere words alone can't completely capture the excitement and joy we all felt during Family Day. It was a beautiful occasion to see how our HIS family has thrived. The bond we share amongst students, parents and teachers is something precious that we treasure.

The school was buzzing with activity that Saturday, as we kicked off the festivities with a rousing performance from our Junior and Senior 24 Festive Drums Troupe, along with a surprise appearance by some of our teachers. The day also marked the launch of our creative hub, the MakerSpace.

There was a Farmers Market, a variety of food and games stalls, live music, Science & Technology Challenge and the 'Dunk-A-Teacher' tank, which saw long queues of students trying their luck at getting a teacher into the water. Our teachers, parents and students faced off in various Football, Dodgeball and Basketball Friendlies, and well as a much heated Iron Chef Competition .

Thank you all for playing a part. The school is stronger, kinder and more adventurous because of you.





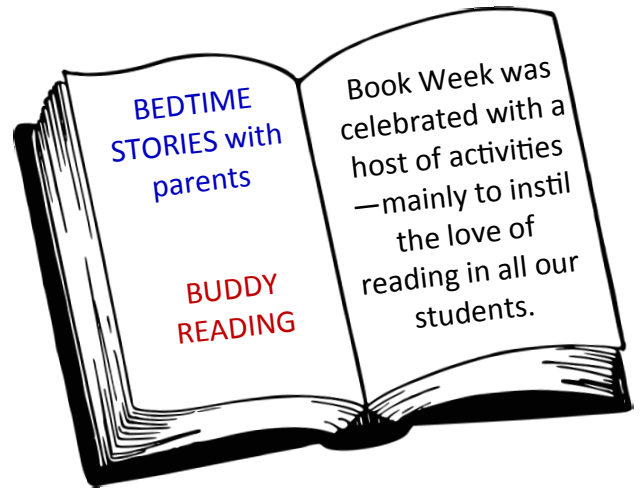


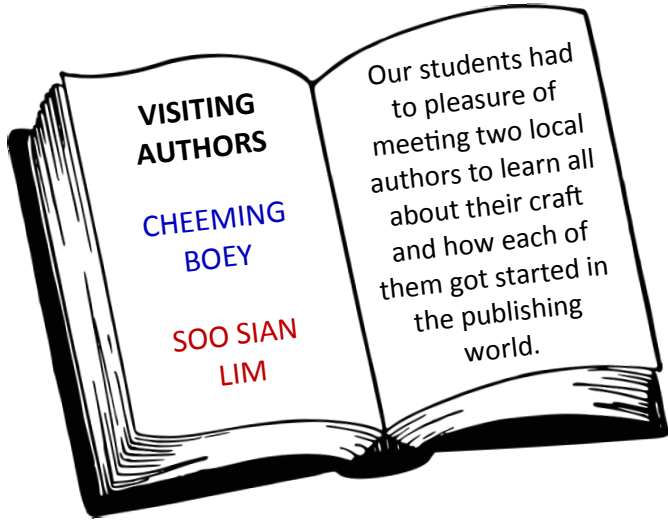


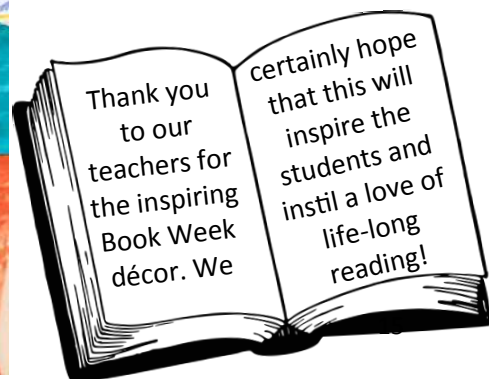
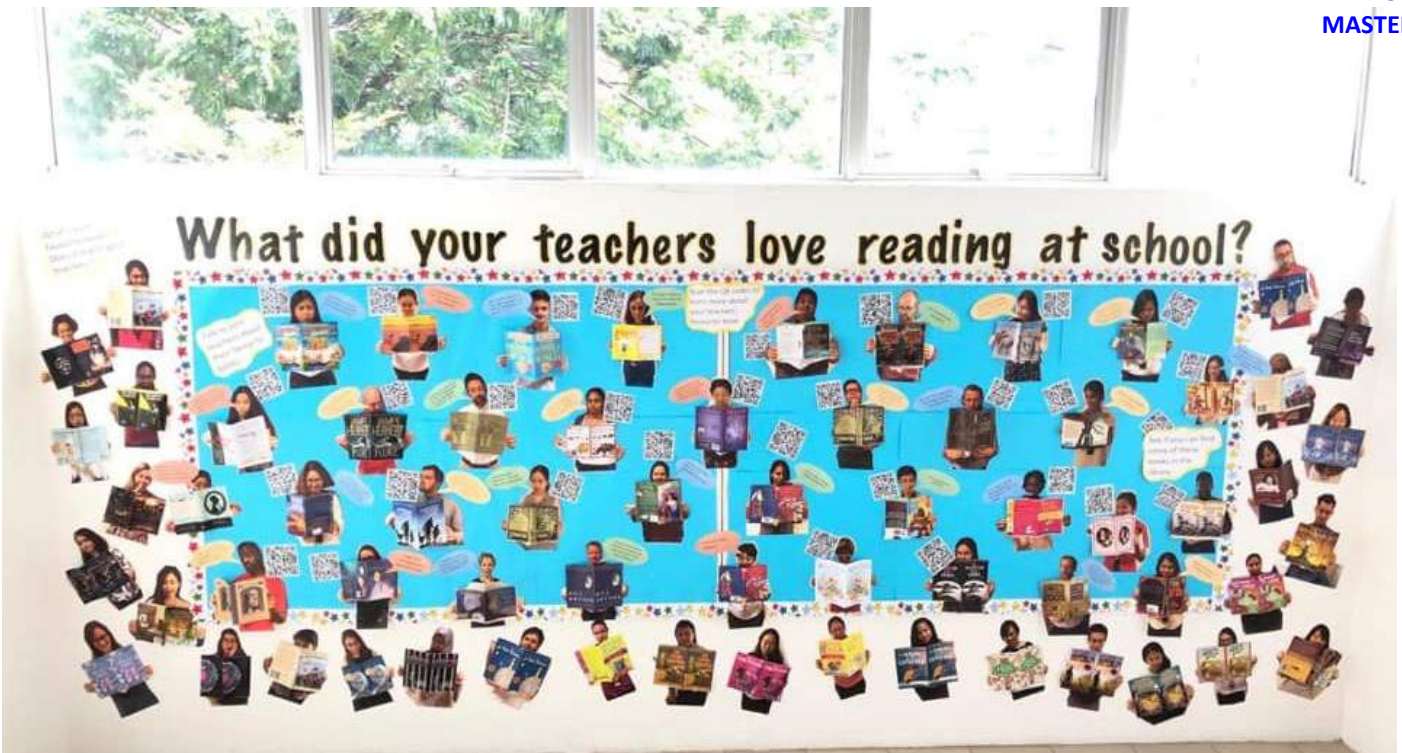


BOOK WEEK 18-22 MARCH

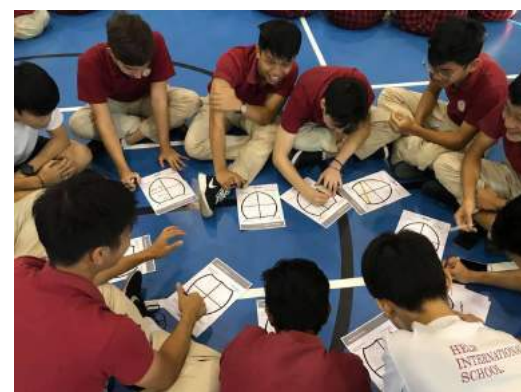
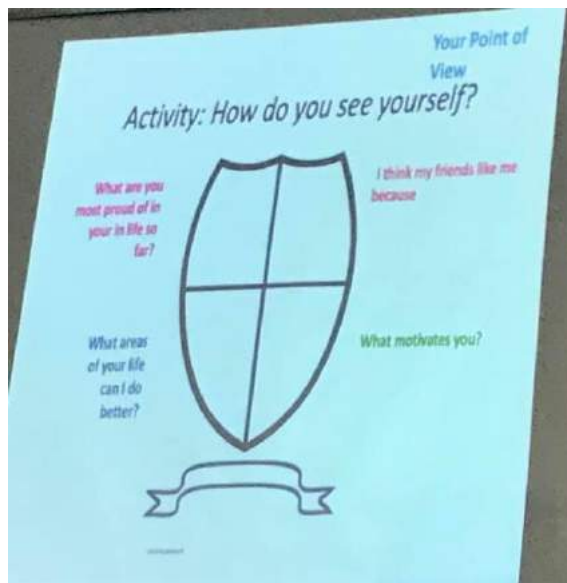








CAREERWeek 25-27 MARCH



CareerSense of HELP University ran a workshop for our Year 10 and 11 students, where they learnt basic tips and skills on how to present themselves well to potential employers and university admission officers.

The students walked away with transformative tools to build their confidence in talking about themselves and their accomplishment, which is timely as they approach new milestones in their lives.





A-Level students had their level of preparedness for university application and job-seeking challenged and developed at a Personal Branding Workshop run by Leaderonomics.



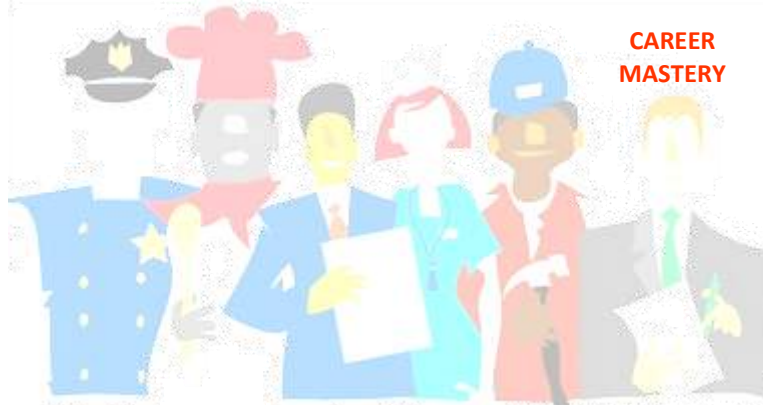
Our Year 10 and Year 11 students were given a scenario to apply for scholarship to pursue the course of their choice at a prestigious university.

The Top 6 Winners of this competition get an opportunity to have an afternoon chat with YB Hannah Yeoh, Deputy Minister of Women, Family and Community Development. The Grand Prize Winner gets an additional free career test package and consultation with CAREERSence@HELP worth RM 300.



Thank you to our Preschool Parent Volunteers who came by and gave our preschoolers an insight into their professions.

It was a great exposure as they had a go at baking, floral arrangements and even learning how to pilot a plane!



At the Mileposts 2 & 3 Career Assemblies, our students caught a glimpse of their teachers' special interests and talents. This Career Week, we invited Ms Pavitrra and Mr Zailan to share their career journey before they became teachers in our school.

Year 11 LEAVERS

5 APRIL

"To bid one farewell is never easy, especially if you have shared a part of this journey called life with that someone, but I must say adieu, for ships are not meant to berth at port. The school hopes that it has built in the Year 11s sturdy vessels that are able to withstand any storm that the unforgiving seas of the wider world would throw at them and come out stronger, ever more willing to sail into uncharted waters. Here's wishing you new captains all the best in every of your endeavours, and may you carve the best life for yourself and for those around you."

All the best in your new adventures Year 11s!



Good
bye
and
Good
Luck



“Wherever you go, go with all your heart”

~ Confucius





Secondary & A-Level SWIM GALA

1 & 2 APRIL



We witnessed the swimming prowess of our students as they competed against each other in this year's Swim Galas.

Amidst the thunderous cheers of their friends, they all gave their very best, pushing themselves to their limits.

Results:

1. **Griffin** 10,695 points
2. **Phoenix** 10,145 points
3. **Dragon** 9,955 points
4. **Pegasus** 9,125 points

We are proud to announce that **60 school swim records were broken** this year (records will be released after the term break). Well done all!





Victory is in
the quality
of the
competition,
not just the
final score.

~ Mike Marshall



MILEPOST 1 (Years 1 & 2) SPORTS DAY

28 FEBRUARY



It was heart warming to see their smiling faces and hear their excited screams as they ran, climbed and jumped, with their parents cheering them on.

It was great to see the teamwork spirit amongst them, and pure joy on their faces as they had fun.

Well done Milepost 1!





PRESCHOOL **superhero** SPORTS DAY

2 APRIL



It was cuteness overload when we saw our mini superheroes running around, going through the challenges as they skipped, jumped, climbed and cycled.

Based on their current IEYC unit "To The Rescue (Superheroes)", the challenges were carefully selected to showcase the skills the students have been working on over the term.

It was so much fun and a fantastic success. Our mini superheroes saved the day!

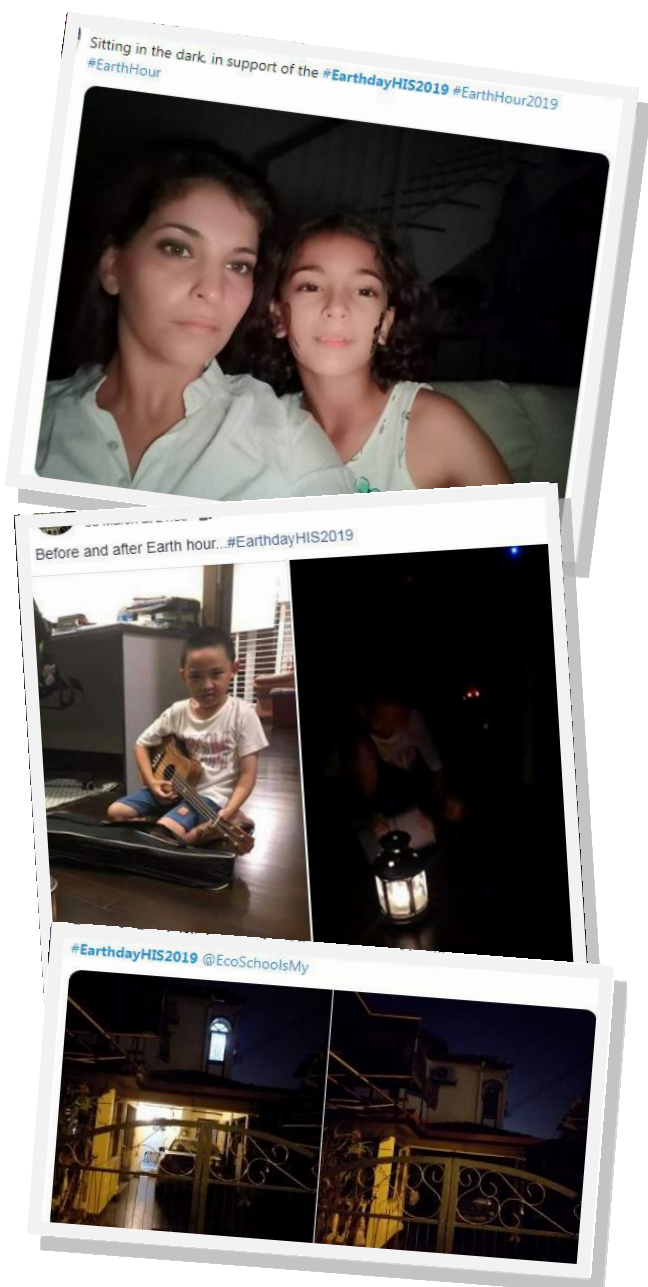




ECO-SCHOOLS: committed to ZERO WASTE

EARTH HOUR 2019
Saturday, 30 March 2019

Earth Hour gives a powerful voice to people everywhere who want to take action for our planet and nature. Each year, millions of people around the world switch off their lights and organise events – at home, in their community or in their towns or cities – to show they care about the future of our planet.



everytime we waste,
we lose a piece of ourselves

Zero Waste

Our first eco mural designed by Germaine Soo from Year 8, inspired by the Eco-schools committee. We hope that each one in the HIS family will do their small part to make a big difference!

Join the HIS Eco-School team as we continue to make a stand against climate change.



every time we waste, we lose a piece of ourselves

STUDENT corner



ANANDITA ABRAHAM (Y10)

F. Scott and Zelda Fitzgerald Museum's Annual Literary Contest

March 22, Alabama, USA

Category: Grade 9 – 10

- ★ Winner for "Breaking News"

The annual contest, which is open to high school students and college undergraduates, received submissions from around the United States and from overseas. Our four honorees attend schools in Indiana, Virginia, Massachusetts, and Malaysia.

The three grade-level winners will receive a monetary prize, and all four will have their winning works published on the Fitzgerald Museum's website.



ELISSA ONG (Y4)

Moose Games Bangkok 2019

March 30, Bangkok, Thailand

- ★ Floor - Silver
- ★ Beam - Gold
- ★ Bar - Gold
- ★ Vault - Gold



CHLOE LOO (Y2)

Moose Games Bangkok 2019

March 30, Bangkok, Thailand

- ★ Floor - Gold
- ★ Beam - Gold
- ★ Bar - Gold
- ★ Vault - Gold



CHLOE NG (Y5)

2019 Singapore National Figure Skating Championships

March 29-31, Singapore

Category: Elementary Ladies

- ★ 1st place



CAEDON LOO (Y7)

Moose Games Bangkok 2019

March 31, Bangkok, Thailand

- ★ Floor - Gold
- ★ High Bar - Gold
- ★ Parallel Bar - Gold
- ★ Pommel - Gold
- ★ Rings - Gold
- ★ Vault - Gold



CASSIDY TAN (Y3)

**Karnival Gimrama Bakat
Pelapis Series 1/2019**

March 28, Kuala Lumpur, Malaysia

- ★ LG Freehand - Gold
- ★ LG Rope - Gold
- ★ LG Ball - Gold
- ★ LG Individual Overall - Gold
- ★ LG Team - Gold



DANIELLE CHOW (Y4)

Moose Games Bangkok 2019

March 30, Bangkok, Thailand

- ★ Floor - Gold
- ★ Beam - Silver
- ★ Bar - Gold
- ★ Vault - Gold



ADELYN CHAN (Y6)

MELISA CHAN (Y2)

**China Spring Festival Gala
Night 2019 and Global Youth
Talent Show**

January 25, Beijing, China

- ★ The Chan siblings have been learning the art of mask-changing since young.
- ★ At the Talent Show, they took first prize for performance in their category with their other teammates.



VARA GUNANANTHAN (Y10)

CHEW HAN XHENG (Y10)

ARJUN GUNALAN (Y9)

World Scholar's Cup - KL Round

March 2-3, 2019

Category: Senior Division

- ★ 6th place
- ★ 7th place for Top Challenge team
- ★ 4th place for Top Writing team

ELENA FOONG (Y8)

KIEVE CHEONG (Y8)

CHOE XIN YEN (Y8)

World Scholar's Cup - KL Round

March 2-3, 2019

Category: Junior Division

- ★ 6th place
- ★ 4th place for Top Challenge team
- ★ 5th place for Top Debate team

Our delegation went boldly up against nearly 500 students from 40 different schools, and walked away with a total of 133 medals and 4 trophies. We are happy to report that all 45 Scholars have qualified for the Global Round in Beijing, China on 21-26 June.



**AIMS Young Musician of the Year Award
2019**

March 30, Penang, Malaysia

Category: Primary Solo

ANNABELLE LEE PHEN (Y5)

ANNE LAVELLE NG (Y5)

Category: Secondary Solo

OH JOONWON (Y8)

SEAN WOO (Y10)

Category: Ensemble

BEACK SEYEON (Y6)

ELENA FOONG (Y8)

JUN YEEUN (Y7)

KANG SIHWAN (Y7)

LEONG LEE ANN (Y7)

TEIOH NUAN NING (Y8)

TEIOH WU YANG (Y4)

YURIKO KUNG (Y7)



The Association of International Malaysian Schools (AIMS)



VALENTINO TEW (Y11)

JEROME BUN (Y11)

YAP XIN WEI (Y11)

**Cempaka International School Debating
Championship 2019**

March 9-10, Kuala Lumpur, Malaysia

Category: Senior Team

★ Grand Final Champion

★ Grand final best speaker: Valentino

★ Overall best speaker :

* 2nd place: Valentino

* 3rd place: Jerome

* 6th place: Xin Wei

TEIOH NUAN NING (Y8)

GERMAINE SOO (Y8)

KIEVE CHEONG (Y8)

**Cempaka International School Debating
Championship 2019**

March 9-10, Kuala Lumpur, Malaysia

Category: Junior Team

★ 4th out of 22 teams

★ Overall best speaker :

* 4th place: Nuan Ning