

# Newsletter

HELP INTERNATIONAL SCHOOL

Issue: 2020 / July



## Virtual Graduation A-Level Class of Quarantwenty



### VIRTUAL LEARNING

Catch a glimpse of the virtual learning that has taken place since March 2020.



### CONGRATS YEAR 13s!

Farewell to our graduates as they embark on the next stage of the learning journey.



### FOOD TECH & LIVE COOKING

Live cooking challenges continued for our young chefs despite the lockdown.



*Cover:  
Due to social distancing measures, we had to bid farewell to our graduates with a special virtual graduation ceremony.*

*We wish them the very best as they embark on the next stage of their learning journey - keep in touch!*

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# PRINCIPAL'S MESSAGE

MR MARTIN VAN RIJSWIJK



Dear Parents / Guardians, Students, Teachers & Staff,

Within a span of 8 months since late December 2019, COVID-19 has transformed the world. We have witnessed the world striving to come to terms with this global pandemic, but have also seen some of the best humanity has to offer. The way that we respond to this pandemic says a lot about us. We can choose to see all the problems it has caused, or could choose to see the good it has brought out in us.

I, for one, am heartened to see how our HELP community has come together during this crisis to support and uplift one another. We practically had to create a virtual learning space overnight and I must say that I'm encouraged and still amazed at the way we so quickly managed to do so. My deepest gratitude to everyone who made this transition possible: our teachers, students, parents, admin staff, and community members for staying united and calm during this time.

It has been heartening to see our pre-school and exam-year students come back to campus for a short period of time. HIS had erupted back into life with the energy that our young people bring. We are looking forward to August when we can, once again, welcome everyone back to school. We've been working to ensure all SOPs are in place and will be followed to a tee, ready to have everyone back.

I would also like to particularly thank our teachers and Learning & Teaching Assistants who have so willingly given up their holidays in order to make the two week summer learning programme in August possible. There has been a tremendous



response from families, with over 500 students registering for our summer learning programme. We hope the summer programme will help students re-adjust to the school environment after several months of virtual learning at home.

In the last four school bulletins, we have been sharing about our new strategic aims. These aims continue to drive our vision for our school community, building upon the strong foundations which have been laid in the last six years. We are excited to implement the plan in the new academic year, and we thank everyone who has shown their support and contributed their input. The four strategic aims outlined will keep us busy and focused as we move forward. We will share more in the next academic term as we continue building a happy, secure, and challenging environment for our students to safely grow to their fullest potential.

To all our students and staff who are leaving us to embark on new adventures, we wish you nothing but the very best. Thank you for being part of our vibrant community of learners. You have enriched us in more ways that we can count. It truly has been a privilege to be a small part of your stories. Please continue to stay in touch!

To the new students / parents and team of leaders and teachers coming on board, we would like to extend a warm welcome to the HIS community! We look forward to working with you and building on the next chapters in our story.

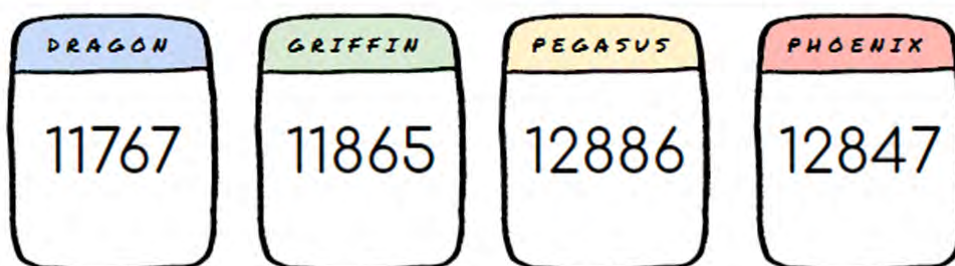
Last but not least, I wish you all happy holidays. Have a good break. Stay safe, stay healthy and we will see you all again on August 25 for the new academic year.

Vita ad Plenitudinem

As a parting thought to our graduates, I encourage you to spend a moment reflecting upon, and hopefully living the sentiments expressed in this quote:

*"Someone's going to have a great life.  
It might as well be you.  
Believe it, embrace it, and then  
remember to listen,  
learn and give back."  
~ author unknown*

## WHOLE SCHOOL HOUSE WINNERS 2019/2020



On the last day of school, the accumulated House points were announced. We would like to thank all teachers, staff and students for your efforts and display of sportsmanship and teamwork throughout the year, in all the major events and smaller activities, whether virtual or in school.

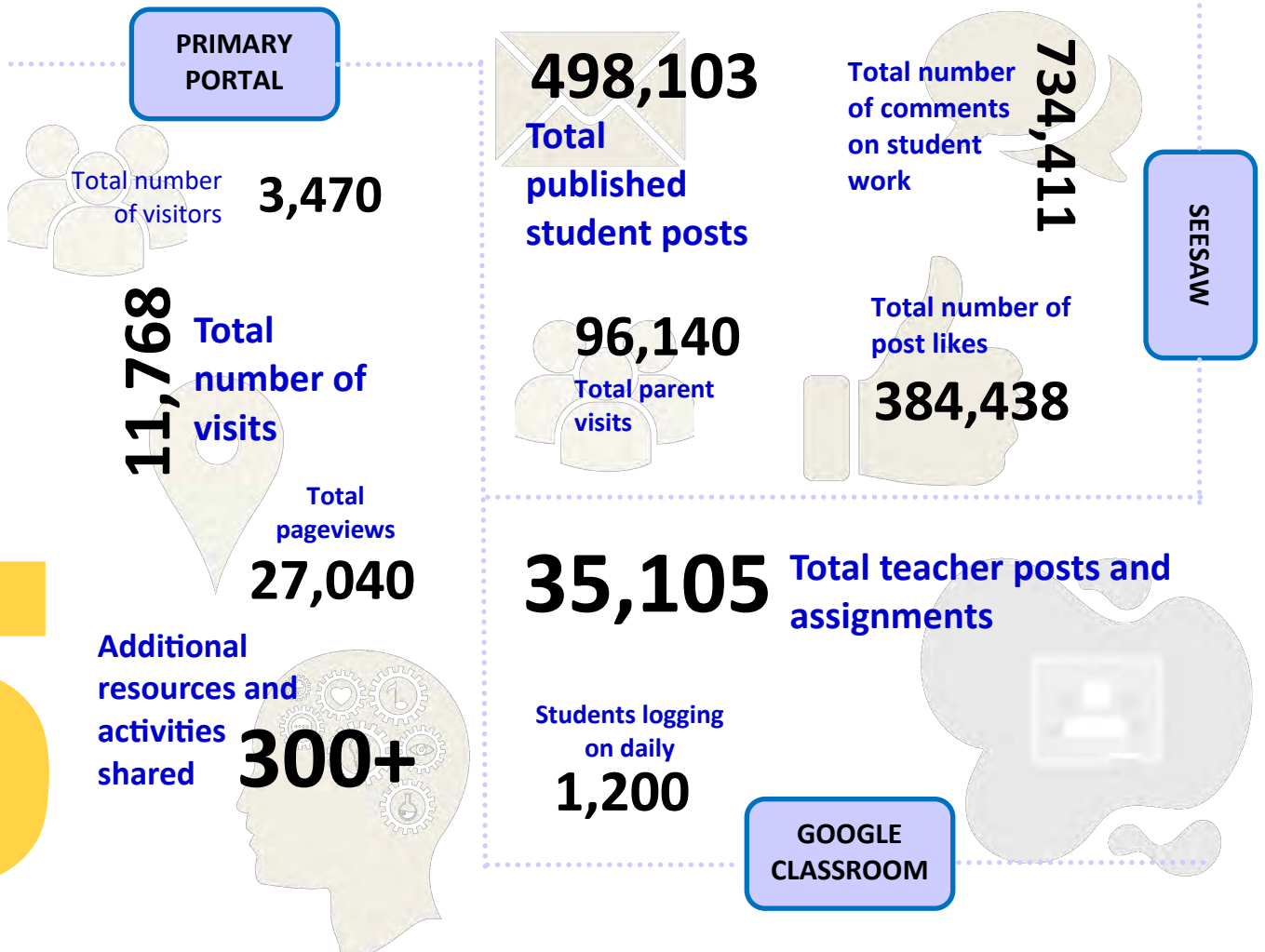
Congratulations to Pegasus House who claimed the House Championship this year. The Heads of Houses would like to encourage all students to strive for higher achievements TOGETHER in the next academic year; as the saying goes, "united we stand, divided we fall".

# EMBRACING VIRTUAL LEARNING

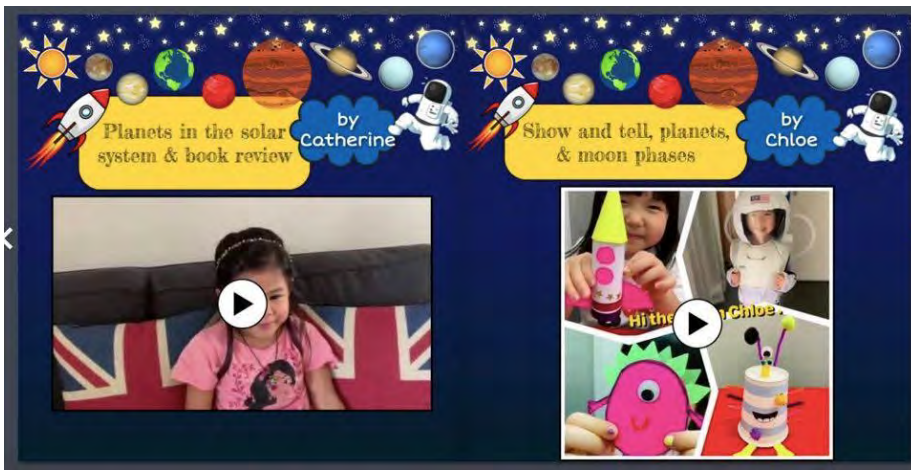
Despite the implementation of the Movement Control Order (MCO) on March 18, students and teachers continued with learning and teaching - moving everything onto our virtual learning platforms. Zoom live teaching sessions, Google Hangout chats with teachers, pre-recorded videos, Google Classroom assignments, SeeSaw work submissions, the list is endless.

Admittedly, it has not been easy for some students to adapt to virtual learning, but with continuous feedback from students and parents, our leadership team kept fine-tuning the methods of delivery to ensure that learning still progressed productively and effectively.

Here is a snapshot of some of the learning that has taken place over the last few months.







Preschoolers celebrated the end of the IEYC unit, Blast Off! with a showcase of the students' learning using Book Creator.

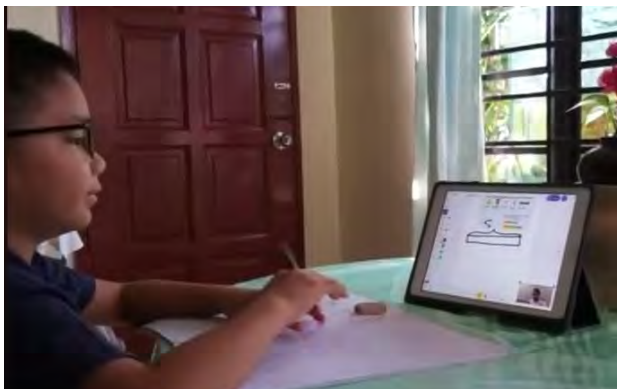
They communicated effectively their knowledge of our solar system, performed action songs and shared their space art and craft creations.

Click the link below to watch their videos:

<https://read.bookcreator.com/Tn5hhoN.../CoioiG9SMWfewdElqMX0g>

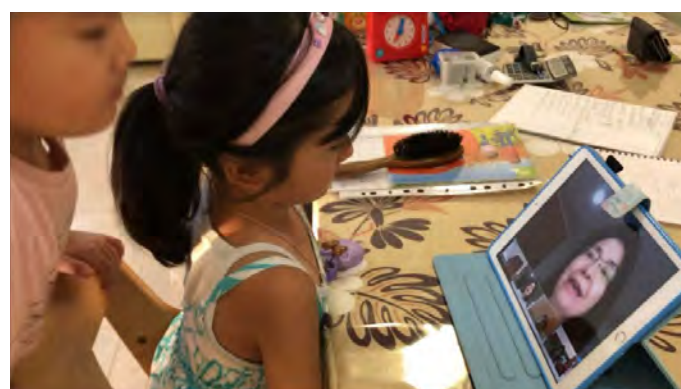
Year 1 students created some delightful stick puppet characters and dioramas from the story of Little Red Riding Hood for their Drama class.

“They get to manage their time, and sometimes they get to delve deeper into the topics they like.”  
(Year 1 Parent)



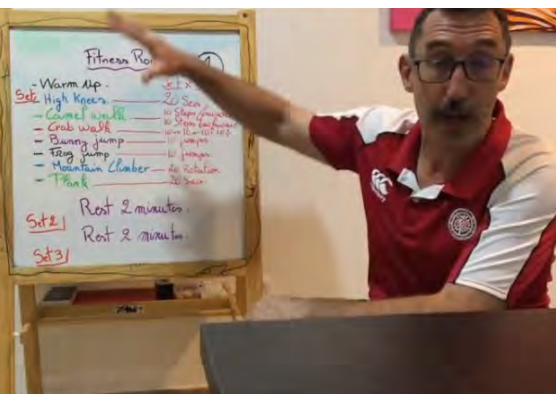
“I really like interacting with my teacher one-to-one virtually.”  
(Y6 student)

Students remained fully engaged with learning at home, finding creating ways to make learning memorable and fun—such as using everyday objects to show that the value of ‘pi’ can be proven.



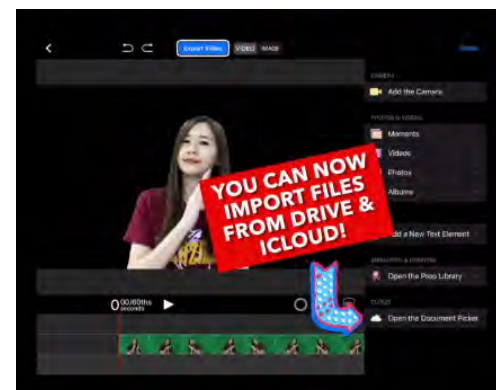
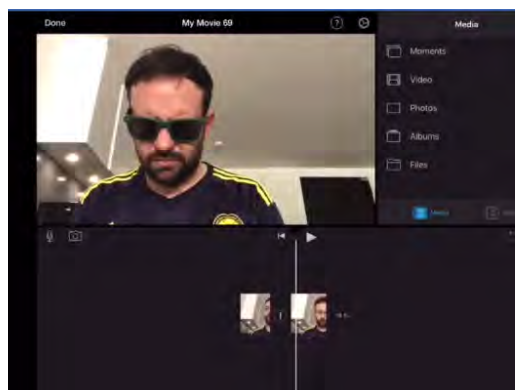
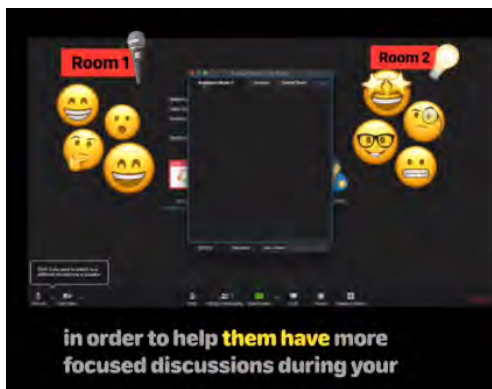
Out of 270 parents and 225 students (Years 5-13) that responded to a survey, 83% of preschool & primary parents & 80% of secondary parents were satisfied with virtual learning that was delivered during the Movement Control Order (MCO). 93% of students understood what they were taught and knew what was expected of them.





“Education is of high importance to me and therefore having continuity of learning during this time is quite remarkable.”  
(Year 4 parent)

“It gives me the ability to pace myself and learn at my own speed. It also encourages me to go the extra mile by researching more.” (Year 9 student)



Teachers continued to teach, finding creative ways to engage students while still ensuring that learning is at its optimum.

Designed and curated by the Design Arts Department's Ms Jessica Ching, a HIS Virtual Art Exhibition was set up to transform our homes into an art gallery, showcasing selected works of HIS Art & Design students.

Take tour of the exhibition here:  
[https://bit.ly/HIS\\_VirtualArtExhibition](https://bit.ly/HIS_VirtualArtExhibition)

Brought to you by

“A new normal way of learning + new experience + discovering the art of self adaptation to current situations and future unpredictable possibilities on a global scale. The world is one big virtual classroom given Internet technology.”  
(A-Level parent)

“I enjoyed the new teaching methods and the different subjects that are being taught now since the cancellation of IGCSE’s.”  
(Year 11 student)





A Year 7 Mandarin class had a special guest from Sabah, Chris Chin who is the Publicity Director for JCI Sabah, an NGO which inspires young people to recognise their responsibility to create a better world and empower them to drive change.

During this virtual sharing session, Mr Chin spoke about his experience teaching stateless children in East Malaysia. Our students learnt how to appreciate what they have, and also got to work on their listening skills as the entire session was conducted in Mandarin.

与这些无国籍的孩子相比，分享两件你值得感恩的事。 Compare with these stateless kids, share 2 things that you feel grateful.

23 responses

When comparing to these kids, I feel grateful that I have a modern school and get to go (at least before the corona virus) anywhere (like the cinema) at any time I want.

That I have an identity and that I am not poor.

Identity and proper education

I have a school which I can have a higher education and I am able to apply for a job in the future

I'm grateful that I am able to go to school, study, go to university and get a job. Also that my family and I have nationalities and have somewhere we can call our 'home country'.

I feel grateful that I don't have to suffer from poverty and don't have to be separated from my parents. Also to know that I cannot get a job to earn money.

we have ids, a family and a good education.

That I have upur and I have parents who support me.



It was a delight to have Min Khian, our HIS alumni, who is currently studying in University of British Columbia (Canada), joined one of the Year 7 Mandarin class.

We are glad to see our alumni staying in touch with the current HIS community, and making the effort to contribute by sharing their experiences.

MIN KHIAN CURRENTLY STUDY IN UNIVERSITY OF BRITISH COLUMBIA, VANCOUVER, CANADA



“What I enjoyed the most is to see teachers, educating in a totally different way and seeing their teaching techniques which are all different.”  
(Year 8 student)



Students still managed to do collaborative project work and their STEAM projects during this time.

### Automated Washing Station

#### Instructions

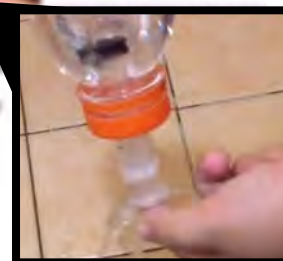


Step 1 Carefully cut the syringe in half.



Step 2 Use the marker pen to trace the circumference of the syringe

- Resource List**
- 1.5l water bottle
  - Syringe
  - Hot glue gun OR White Tac
  - Sharp scissors

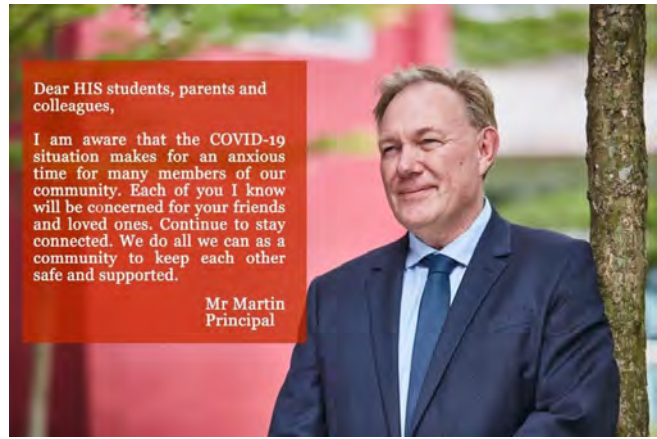


**Effect of COVID-19 on the economy and businesses**

- China is one of the largest suppliers in the world
- Disruption in one stage of production affects the other stages
- Consumer demand and international demand fallen
- 3-6 months to get business back to normal once the issues end
- 80% chance of a global recession comparable to 2008 Western Financial Crisis
- Loss of jobs and incomes, part-time work or unpaid leave
- Disrupting tourism and travel, supply chains and labour supply.
- Service sector gauge: 49.4 → 39.1
- Monetary policy
  - Increase money supply
  - Encourage borrowing + spending
- Fiscal policy
  - Increase government spending
  - Decreasing tax
- Diverting resources
  - SAIC-GM-Wuling, BYD
  - Foxconn, Sinopac
- People: RM128 billion
- Businesses: RM100 billion
- New Wage Subsidy Plan**
  - RM600 wage for 3 months for workers earning <RM4000
  - Affects around 80,000 workers
- Healthcare Workers: RM600/month
- RM120 billion used to aid local farmers and main producers
  - meet high demand
  - Affects about 42,000 farmers

“She enjoyed exploring technology and having the independence to work her way around things. She also enjoyed the slightly extra flexibility in managing her time.”  
(Year 6 parent)





Dear HIS students, parents and colleagues,

I am aware that the COVID-19 situation makes for an anxious time for many members of our community. Each of you I know will be concerned for your friends and loved ones. Continue to stay connected. We do all we can as a community to keep each other safe and supported.

Mr Martin  
Principal

# #HISunited



Dear students,  
Thank you for your cooperation during this difficult time. Although it's not easy to stay at home, we can take this opportunity to learn time management, learn to be by ourselves quietly, and clean up some corners that we have neglected for a long time. Believe that the sun is coming, all this will pass. 加油! Look forward to seeing you all soon!

- Mr Lee



I'm super proud that our Primary students have great adaptability and resilience towards online learning. The technical difficulties can be frustrating, but we have received work that is beyond expectation! Remember to keep hydrated, walk around, breathe fresh air, rest your eyes, listen to music and dance along to your favorite song! Let music be your life and rock your day!

- Ms Yang



Hi, everyone!

I'm so proud of my colleagues and all the students for being so resilient during these trying times. Classes and lessons have been going on as usual, and the teaching and learning are not compromised. In fact, although we are all looking forward to when all this will end, I'm sure you will agree with me that it's been rather fun! Let's keep our spirits up, HIS family!

Ms Chan



Dear students and parents,

I have been so impressed with the level of adaptability and resilience you have shown over the past few weeks. The preschool team and I have enjoyed looking through all the wonderful activities students and families have undertaken, and witnessing the joy of coming together to learn. The sense of community between everyone has been very inspiring and we feel very blessed to be a part of this.

Ms Colette  
Preschool Coordinator



Hi everyone,

School is important but so is your health. I hope all of you are safe and healthy. Be proud of yourself for being resilient and adaptable under these extreme circumstances. Stay connected and embrace your time with your family. Let us work together to overcome this crisis. I am looking forward to have all of you back in school again. #dudukrumah

Love, Cikgu Dessy  
Head of Department, Bahasa Malaysia



Hi students,

Thank you for being so disciplined in following the school schedule at home and trying your very best to complete the tasks assigned to you.

A special shoutout to our HIS teachers who have been so committed in providing you learning resources so that your home learning experience is maximised. Let's move on together as one HIS community! Take care, be well and keep yourselves safe.

Ms Vicky  
Learning Innovation Coach, Primary

"I saw my child learning compliance without needing supervision, developing independency." (Year 3 parent)

"Virtual learning reminds me that school still exists and that I have to keep being updated with my own work and keep being responsible for my own learning." (A-Level student)



# HELP GROUP OF SCHOOLS FESTIVAL OF LEARNING

From June 17-30, the HELP Groups of Schools staged a series of live series of webinars that celebrates the spirit of lifelong learning. Principals and staff from three of the HELP group of schools – HELP International School, Crescendo-HELP International School, and Tunku Putra-HELP School, and invited speakers shared leadership and parenting lessons.

We hope that the series of 4 webinars held so far have been informative and helpful. We had so many questions from attendees, it was unfortunately we just did not have time to answer them all. For those who missed out, you may now view the webinars at the links provided below.

## LEADERSHIP IN TIMES OF CRISIS

Panel:

- Martin Van Rijswijk, Principal, HELP International School
- Paul Starkie, Principal, Crescendo-HELP International School
- Julie Dowling, Executive Principal, Tunku Putra-HELP School

Moderator:

- Dr Gerard Louis, CEO, HELP Education Services

The COVID-19 pandemic forced school leaders around the world to work feverishly in a very short period of time to get their teachers and school infrastructure up to speed to adapt to the rapid changes and challenges of online learning. From cancellations of public exams to supporting overworked teachers and staff, school leaders had to make sound decisions and adapt to the ever changing environmental and educational landscape.

Link to recorded webinar:

[https://bit.ly/LeadershipinTimesofCrisis\\_17June2020](https://bit.ly/LeadershipinTimesofCrisis_17June2020)






**BUILDING MENTALLY HEALTHY AND RESILIENT CHILDREN**

Panel:

- Dr Gerard Louis, CEO, HELP Education Services & Dean of the Faculty of Behavioural Science, Education and Languages at HELP University
- Zaid Mohamad, Author, CEO of Smart Parents Network and Certified Parental Coach

The rapid pace of change in the 21st century creates stressors and issues related to mental health in all segments of society, especially among the younger members of our family. This webinar focuses on ideas for parents to help them nurture resilient and mentally healthy children who can adapt to the furious pace of change and challenges of modern day living.

“Resilient children are more likely to take healthy risks because they don’t fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones.”

Link to recorded webinar:

[https://bit.ly/BuildingMentallyHealthyandResilientChildren\\_18June2020](https://bit.ly/BuildingMentallyHealthyandResilientChildren_18June2020)



**A LOOK INSIDE THE CLASSROOM OF TOMORROW**

Panel:

- Khoyes Miah, Key Stage 4 Coordinator, Crescendo-HELP International School
- Jamie Speakman, Learning and Innovation Coordinator, Apple Distinguished Educator, HELP International School
- Mark Steacy, Systems and Professional Development Coordinator, Tunku Putra-HELP School

Moderator:

- Dr Gerard Louis, CEO, HELP Education Services

The reality is that technology is here to stay. Never have we seen this point drive home more than during the last 3 months when almost the entire world went into a lockdown of some form or another.

How are schools evolving to keep up with the advent of the digital age and the demand for a tech savvy workforce? How the classrooms of tomorrow preparing students - moving them to become creators and producers of content, rather than inactive consumers of information?

Link to recorded webinar:

[https://bit.ly/ALookInsidetheClassroomofTomorrow\\_23June2020](https://bit.ly/ALookInsidetheClassroomofTomorrow_23June2020)



Recent study revealed that when schools **integrated transformative uses of technology**, students were reported to have **significant improvements in collaboration, creativity and critical thinking.**



## SUPPORTING STUDENTS BEYOND ACADEMICS

Panel:

- Ida Tan, Assistant Principal (Pastoral), Tunku Putra-HELP School
- Stephanie Cheah, School Counsellor, HELP International School
- Rebecca Garside, Special Education Needs Coordinator, Tunku Putra-HELP School
- Caroline Clarke, Head of Inclusion, Crescendo-HELP International School

To prepare our children for their future world, learning must go beyond academics. Alongside building a child intellectually, a school must also look at their social and emotional learning – building skills and nurturing behaviours that will help them succeed in life after the classroom.

How can we support students learn not just academically, but also to learn life skills?

Link to recorded webinar:

[https://bit.ly/SupportingStudentsBeyondAcademics\\_25June2020](https://bit.ly/SupportingStudentsBeyondAcademics_25June2020)



## KEY TAKEAWAYS

- Create a **sense of belonging** through team building activities, school community programme.
- Help students to **embrace the process of learning, of falling and rising, of struggles and overcoming struggles** rather than academic achievements.
- Talk about our neurodiverse differences, understand them and **make sure all children celebrate each other**, for only when we succeed at this will we enable **\*every\*** child to achieve their full potential.
- Tolerance, kindness and patience in the long term will enable our students to be well-rounded, **have a fuller understanding of those around us and help mold global citizens**.

“ If we are to prosper together in our increasingly small world, we must listen to—and learn from each other's stories. ”

Queen Noor of Jordan

We hope you found the webinar sessions insightful and helpful.

We look forward to being able to organise more webinars or in-house parenting workshops. Please stay tuned.

We would appreciate 5 minutes of your time to fill out this feedback form and to let us know what you would like to hear in future webinars/workshops here:

<https://forms.gle/ieXdZ3w12nTEwUNk9>



# PRIMARY BOOK WEEK

April 27-30

Over Book Week, we welcomed some special guest authors and illustrators into our virtual classrooms to share readings as well as tips for how students can get started on writing their own books.

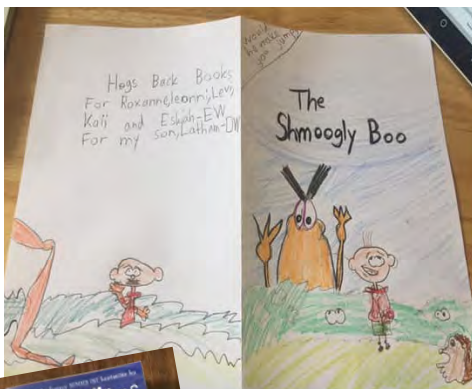
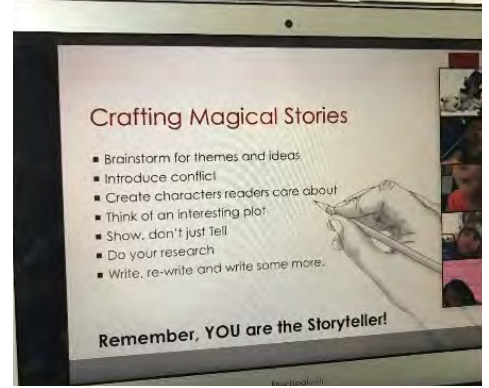
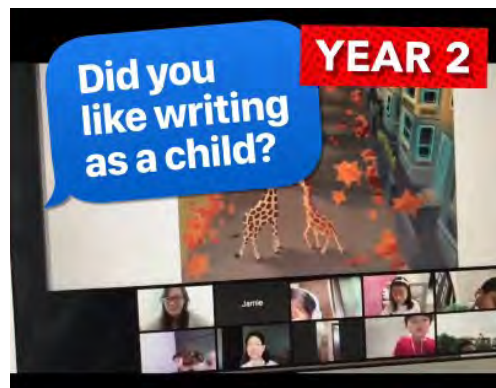
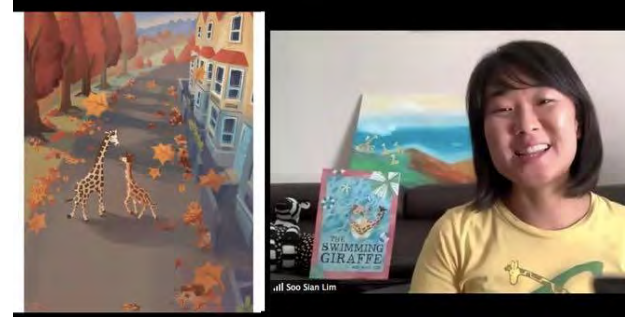
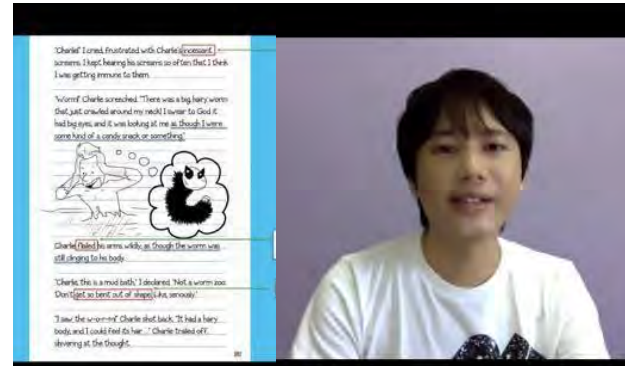
Our Year 1 and 2 students had the pleasure of meeting Soo Sian Lim, author of charming books such as *The Swimming Giraffe* and *Best Dressed* as she shared a special reading.

Author, journalist and blogger, Elizabeth Tai said hello to our Year 3 students, shared a reading from one of her books and proved some insight into why she became a writer.

Multitalented author and illustrator of books such as *Gaja Loves the Sea* and *Pip's Peculiar Problem*, Lim Lay Koon joined our Year 4 students to share a story and some tips on how to write your own book.

Malcolm Mejin, the author of *Diary of a Rich Kid* and *Roadtrip* shared a reading with our Year 5 and 6 students whilst challenging them with some special activities.

A big thank you goes out to the team of teachers for organising the Zoom sessions as well a host of other Book Week activities for our students.



Students were provided with Book Week activities under their Choice Board. The Choice Board essentially allows students to take charge of their own learning via a choice of activities, many of which do not require the use of an iPad. For Book Week, students created their reading dens at home, their interpretation of a cover for a favourite book, and bookmarks.

# YEAR 6 to YEAR 7 TRANSITION

July 8

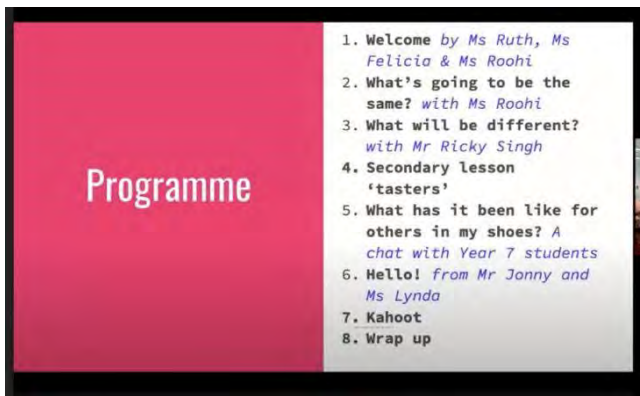


Each year, the Year 6 students will have a transition session to Year 7 to walk them through life in secondary school, taster classes, tour of the facilities and the expectations. This year, it's no different except they had to do it all virtually.

The teachers organised a thorough programme to give them a sense of the changes they will have to prepare for, but also a sense of comfort for the things that will remain the same. They got to meet their Head of Year, as well as some Secondary teachers.

They also had a chance to chat with some of the current Year 7 students who gave them some useful tips on the many aspects of secondary life. It was heartwarming to hear their sharing.

We wish them all the very best in this next milestone in their learning journey as they move on up to Secondary school!



Four Year 7 students (2 were existing HIS students from Primary, and 2 were new students into Year 7) shared their experiences.



Specialist teachers introduced themselves, and showcased a little bit of their lessons.



"I'm not telling you it's going to be easy - I'm telling you it's going to be worth it."

~ Art Williams, author



# AS-LEVEL INDUCTION

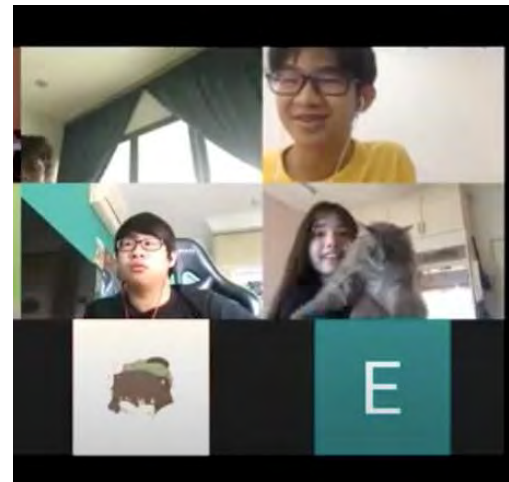
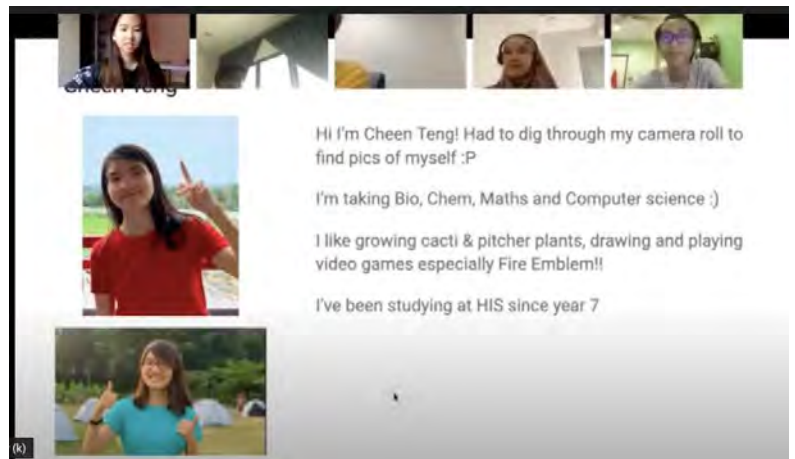
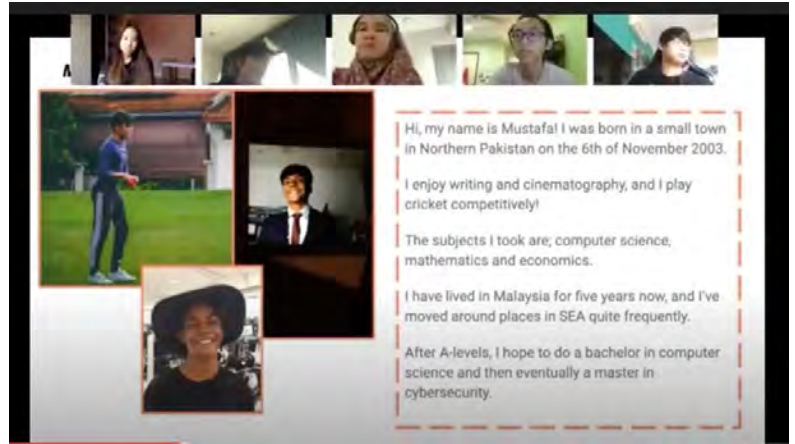
June 3

Our new batch of AS-Level students started June 1, 2020 in an unusual time. Because we can't meet them physically, the seniors organised some ice breaking activities to know each other better and to ease the transition.

Our A-Level teachers were also on hand to offer support, motivation and advice.

Mr Paul, our Assistant Principal, Secondary & A-Level encouraged them to make wise choices, and aim high.

Welcome on board, and we wish you all the very best.



**“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”**

**David Brinkley, American Broadcast Journalist**

# YEAR 13 SHARING UNI APPLICATIONS

June 19

With their GCE A-Level exams in June cancelled due to the worldwide Covid19 pandemic, our Year 12 and Year 13 students had extra time to prepare for the next phase of their academic journey.

Year 13 seniors generously offered to share their university application experience with the Year 12 juniors via virtual sessions. Thank you to our Y13 seniors - Bryant, Rebekah and Min Ki for your time and sharing!



**Bryant Ng**

Application to Cambridge & LSE for Economics



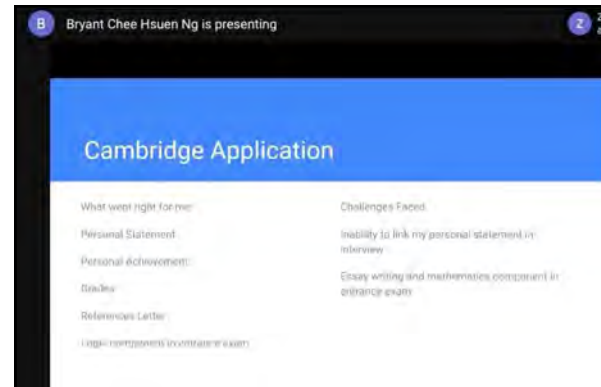
**Rebekah Khoo**

Application to Cambridge for Natural Sciences



**Chong Min Ki**

Why Medicine?

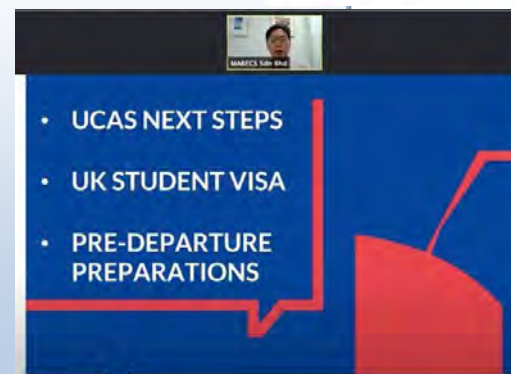


July 9

UK education specialists, MABECS, conducted a webinar specially for our Year 13 graduating students who have applied to UK universities for September 2020 intake.

Pertinent information was shared to better prepare students and their parents for the next steps, accepting of offers, visa applications, student accommodation options, etc.

It was a great sharing session as parents and students got to participate in a Q&A session.





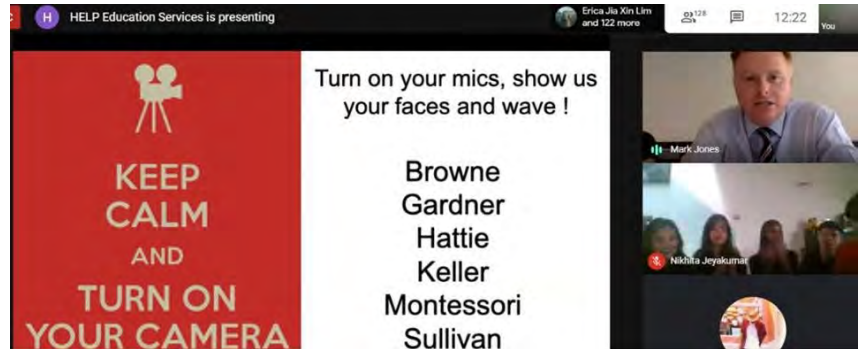
# YEAR 11 Leavers' Assembly

June 19

The Year 11 Leavers' Assembly was a bitter sweet affair as we celebrated our students for coming thus far in their journey. The last few months were particularly trying, but this cohort of students did us proud. Their resilience and perseverance were inspiring.

We want to thank our team of Year 11 teachers who has been incredibly supportive. They had planned for this assembly since the beginning of MCO in March, and took much effort to celebrate the achievements of all the students. A special mention to the head of Year 11, Ms Pauline who had played an important role for putting together this assembly which she couldn't attend because of a very good reason - she gave birth to a beautiful baby boy on the morning of the assembly - Congratulations to Ms Pauline and her family from all of us at HIS!

Class of 2019/2020, we wish each of you the very best. It has been a privilege to be part of your journey.



"You can't do it alone. Be open to collaboration. Find a group of people who challenge and inspire you. Spend a lot of time with them and it will change your life."

~ Amy Poehler,  
American actress, producer and director



# GRADUATION 2020 YEAR 13

July 10

We celebrated an important milestone in the educational journey of our Year 13 students with a virtual graduation ceremony this year.

They have completed an important phase of their lives, and are about to embark on new adventures and opportunities for further learning. We wish them the best of success in their future undertakings and a rewarding life.

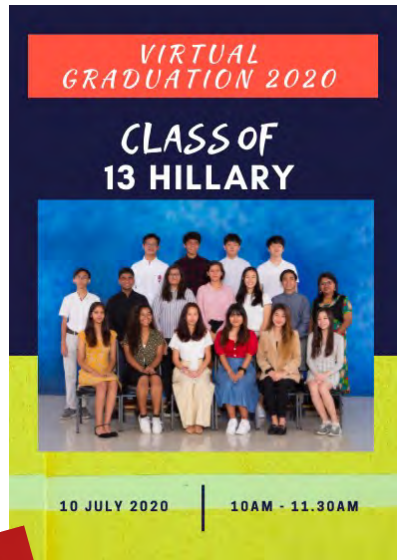
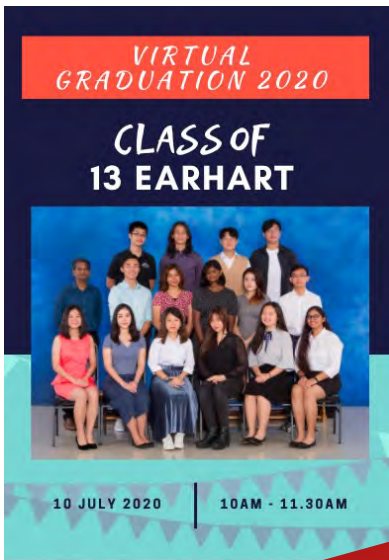
To the cohort of 2020, your time with us at A-Level in HIS is up, but the best is ahead of you. There will be new heights for you to climb with bigger visions for you to cast and catch. We will always be rooting for you, proud to see you bounce back up higher each time you face challenges. Please continue to stay in touch ([alumni@kl.his.edu.my](mailto:alumni@kl.his.edu.my)), let us know how you are getting on, and be an active member of our school alumni.



We are proud to present this year's HIS Asian Scholars Raintree Award to Teh Nian Yii.

This award recognises and celebrates an outstanding student who has demonstrated not only academic excellence and leadership, but has also been a positive role model within the year group. She has exemplified our school motto of 'Life in all its Fullness', and we wish her all the best!





“ Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world. ”

Tom Brokaw,  
American television journalist  
and author





# YEARS 7 to 9 FOOD & ART

## Hunger Challenge



We submitted **79** artworks and raised over **RM2000!**

A Program of the Bezos Family Foundation.



Students Rebuild is operated and funded by the Bezos Family Foundation, a private, independent foundation based in Seattle. Guided by the belief that all young people deserve the opportunity to reach their full potential and meaningfully contribute to society, the Foundation invests in the science of learning and the experiences that young people from birth through high school need to learn and thrive.

Matching funds for each Challenge are donated by the Foundation and given to benefiting partners. Each partner is carefully vetted at the outset of each Challenge for their capacity to make lasting impact in the communities they serve.

During Food Tech lessons this term, students in Years 7 to 9 looked at recipes that touch on their culture, community and connection.

They were also encouraged to look a little deeper into the United Nations Sustainable Development Goal #2: Zero Hunger, to learn about hunger and how it affects young people around the world and in their own backyards.

Students were tasked to create an artfully illustrated version of a recipe—an actual one or a more imaginative, conceptual one—that reflects culture, community, and connection. This was submitted to the Bezos Family Foundation’s “Hunger Challenge: Fighting Hunger and Malnutrition”.

We are so pleased to see the level of creativity shown by our students. They put their heart and soul into creating wonderful recipes to be submitted to <https://www.studentsrebuild.org/challenges/hunger>

For each recipe received, the Foundation will contribute to organisations addressing hunger and malnutrition around the world and across the spectrum of need, from emergency relief and feeding programs to longer-term agricultural development.

It is lovely to know that our students have played a part in using their creativity in art and food for a good cause. Well done!



students rebuild

2020: The Hunger Challenge  
Fighting Hunger and Malnutrition



# FOODTECH

Year 9s have definitely kept their creativity and talents alive as they completed yet another Design and Technology virtual cooking session with delicious success!

Students were tasked with creating batch-style catering dishes that are designed to be made quickly and in larger quantities for events. These recipes were chosen by the F1 in Schools 'Superteams'; a collaborative effort across all Year 9 classes as they organise and prepare products for the competition next year!

Well done, impressive work.

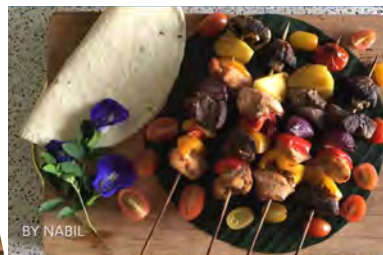


Our Year 7s chefs in action!

Food preparation and nutrition is an important part of the curriculum; not only does it teach students life skills they can use now for lessons, but beyond into their adult life.

Throughout the lockdown, we wanted to ensure the students were still able to develop their practical skills, as well as their theoretical knowledge, so the students have been tasked to cook and post videos and photos into google classroom.

However, we took it up a notch and tried a live cooking show with the Year 7s! We made as interactive as possible so they received on the spot live feedback and comments on their wonderful creations!





# PRODUCT DESIGN

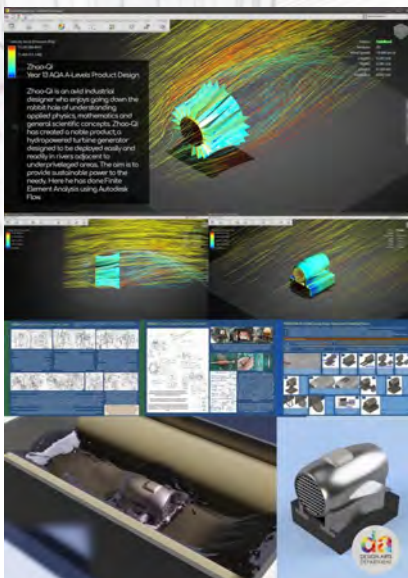
As the AQA A-Levels Product Design course comes to a close this year, the Year 13 students have shown incredible promise as design engineers and problem solvers. The students researched, developed and created incredible products over the last two years, ranging from a handmade electric guitar to an industrial portable hydro turbine.

The depth of creativity in Design and Technology is evidenced by these wonderful 3D renders modelled by our students using Autodesk Fusion360. These concept renders depict two years of research, prototyping and analysis of product and industrial design.



Fusion360 renders modelled and designed by Year 13 AQA Product Design student Jacky

Fusion360 renders modelled and designed by Year 13 AQA Product Design student Tara



Fusion360 renders modelled and designed by Year 13 AQA Product Design student Zhao-Qi

Fusion360 renders modelled and designed by Year 13 AQA Product Design student Meira





# CINEMATIC CLUB

By Ms Dessy Jamaluddin,  
Lead Teacher, HIS Cinematic Club

Adam Najwan,  
Former HIS Cinematic Club Member

Personally, I love to make videos and taking photographs. I am so fortunate to have surrounded by students who have the same interest as me. I really enjoy watching films and the process of filmmaking, and over the years have used film in the process of my teaching in class.

I wanted to share my love of film and filmmaking with my students in school, and in 2018, the HIS Cinematic Club started out with a small group of talented, passionate, and creative students. The first video we made was for a Hari Raya Assembly, lending a voice to refugees living in Malaysia.

The HIS Cinematic Club provided students who were keen on photography a place to channel their ideas and develop their talents. The projects the students took on allowed them to experience the full gamut of film production. From production planning, scriptwriting, and storyboarding, to filming and editing their own films.

The Club has invited professional filmmakers and photographers to coach our students on the finer points of technique and equipment handling.

One of the highlights of the Club, was the opportunity to partner with the HIS K-Pop Dance Club on a cultural trip to South Korea. Students took full advantage of the opportunity to study and photograph/film the local topography and beautiful structures found around the city. It was summer when we went there and the memories will never fade for the club members and for me.



“ Cinematography is a writing with images in movement and with sounds. ”

*Robert Bresson,  
French film director*

To challenge our Cinematic Club students further, we started to get them more involved in projects and competitions. The first project was done with remarkable results — a film collaboration with the Counselling Department for Kindness Week, talking about bullying. The students created two amazing videos on the awareness of bullying, titled #BE KIND TO YOURSELF and #Bullying. Another recent project was a school video for HIS' re-submission for our "Apple Distinguish School" status.

Soon after that, three of the Cinematic Club students, Adam Najwan, Syed Alif and Mohamad Afham were selected to present their photos at the Kuala Lumpur Photography Festival (KLPF) 2019 Student Photo Exhibition, and Mohamad Afham was chosen to join the 2019 Young Photographers Programme.

In February 2020, we were privileged to host Ms Eunice Lau, an international screenwriter, filmmaker and director, during her visit to Kuala Lumpur. Her latest documentary, "Accept the Call", had been selected for the New York Human Rights Watch Film Festival, Woodstock Film Festival and Singapore International Film Festival. She shared her filmmaking journey, and her experience in working with and telling stories of those who are marginalised and silenced. Ms Eunice was happy to take questions from our students - so these budding cinematographers, scriptwriters, filmmakers and directors, really gained knowledge from her expertise.

This term, the HIS Cinematic Club partnered with SUKASociety, an NGO that supports the orang asli and refugees in Malaysia in "ProjectCommonGround". The experience our students had interacting with the refugees was unforgettable, bearing witness and understanding their resilience and struggles here in Malaysia.

With this collaboration, three beautifully edited videos were created by our students, showing the difference between our lives as Malaysians to that of refugees in Malaysia. We are thankful for the mentoring of our students by talented editors and videographers. The culmination of the project was a film screening and forum session about bridging gaps within our communities through friendships in conjunction with Refugees Day. Our students from Year 11 and 10 - Adam Najwan, Syed Alif, Mohamad Afham, Zack Loo, Dzidane Ziad, Hannah Henry, Lara Alya, Affrina Jasmine and Daniella Goh did us proud. This was truly one of the most rewarding things that our Cinematic Club students had achieved.

The HIS Cinematic Club has provided our students with a stepping stone for them to discover their talent and pursue their passion towards the dream of being professional filmmakers and photographers. I have been so very proud of their achievements over the course of this CCA. Well done to all of you!




View our ProjectCommonGround videos here:  
[https://bit.ly/HIS\\_CinematicClub\\_Videos](https://bit.ly/HIS_CinematicClub_Videos)





# LEARNING & EXPLORING

## THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

The Duke of Edinburgh's International Award give students the opportunity to develop skills and attitudes they need to become well-balanced and perceptive individuals.

Students are placed in situations that test and further cultivate their skill of choice, their leadership qualities, their proficiency in communication, their problem solving skills, as well as their ability to organise and utilise time effectively.

Congratulations to the following students on their achievements.

### Bronze Achievers

Academic Year 2018/19	Surname	Award Leader
Dhurgashiny	Anantharajah	Ms. Ruth Norman-Jones
Joshua Verghese	Bijoy	Ms. Alissa Roslan
Chantelle, Pui-Cheng	Foo	Ms. Nadia Halim
Lee Ann	Goh	Mr. Ken Kannaparan
Precious, Poh Yi	Hong	Mr. James De Gazio
Ying Ying	Khong	Ms. Clare Rushton
Chen Tzen	Kok	Mr. Ken Kannaparan
Rohan Sivam	Kunandran	Ms. Ruth Norman-Jones
Calvin, Kai Bin	Lim	Ms. Nadia Halim
Ryan, Qian-Ryu	Lock	Ms. Jillian Kaur
Nicole	Loh	Ms. Ruth Norman-Jones
Jehan	Marshall	Ms. Clare Rushton
Nethraa	Narendran	Mr. Matt O'Shea
Nur Muhammad	Syazwan	Ms. Jillian Kaur
Stefanie, Xi Zuan	Tan	Ms. Ruth Norman-Jones
Aishyaani	Thevamanohar	Mr. Nasir Ali / Ms. Clare Rushton
William Bo Hao	Ting	Ms. Ruth Norman-Jones
Jayden	Yee	Mr. Ken Kannaparan
Alyssa, Qi Yun	Yong	Mr. Nasir Ali



Academic Year 2019/20	Surname	Award Leader
Paige, Wye Ching	Chan	Ms. Nadia Halim
Elaine, Jia Yee	Chin	Ms. Nadia Halim
Elissa, Yi Xian	Foong	Ms. Ruth Norman-Jones
Chee Chuan	Hong	Mr. Matt O'Shea
Xavier	Kor	Ms. Jillian Kaur
Kareena Sivam	Kunandran	Ms. Nadia Halim
Aysha	Riad	Ms. Ruth Norman-Jones
Daniella, I-Tzuen	Yeoh	Mr. Nasir Ali

"DOE has not only taught me independence and real-life skills, it has also shown me that resilience and commitment to finish what I started helped make me a better person. Completing the Bronze Award has made me realise that nothing comes easy and hard work pays off."

~ Jayden Yee Kye-Ren



“The DOE Award has taught me a lot of life lessons. However throughout, you realise you are not alone and your teammates are there for you. Together you can finish, while picking up many important survival skills and teamwork qualities. The whole award is a great life lesson and I will never forget the opportunities it has given me to try things I never thought I would do. I highly recommend any junior interested to step out of their comfort zone and join DOE, because I can say you will not regret your decision.”

~ Kareena Sivam Kunandran

“For me, DoE was a very enriching experience. I learnt many things when I was completing the award, from how to do first aid to handling maps and instructions well. Sleeping in the forest was an experience of its own, not to mention navigating in the heat too. I had so much fun and made so many memories there, it was definitely an experience I would never forget!”

~ Precious Hong

“I’m grateful for being given the opportunity to participate in the DoFE International Award. It allowed me to experience unforgettable and eye-opening journeys as I was pushed to my limits and had the opportunity to explore the wilderness. This award gave me the opportunity to learn outside from the textbooks, encouraging me to develop my resilience and independence. Thank you to my teachers for helping me along the way!”

~ Alyssa Yong Qi Yun



## Silver Achievers

Academic Year 2019/20	Surname	Award Leader
Nicole	Loh	Ms. Ruth Norman-Jones
Venkata Srianish	Sura	Mr. Steven Ovenden
Nian Yii	Teh	Ms. Clare Rushton

“Completing the Duke of Edinburgh Silver award is one of my proudest achievements from my time at HELP International School. Ultimately, the section of the award which I found most daunting was the Adventurous Journey, especially since I am someone who is quite physically unfit. However, looking back, despite being the most challenging part of the award for me, it was also the most memorable. I am still, to this day, amazed that I survived hiking more than 40km across the forests, streams, and mountains of Gopeng -- something I never imagined myself doing. That, to me, is really what DoFE is about: pushing yourself to your limits and creating lasting memories.”

~ Teh Nian Yii



“I’m glad to have taken The Duke of Edinburgh Award, it provided a platform that enabled me to continuously push my boundaries as a leader. The process of logging and learning new skills from fitness, volunteering and academics, has shown me that I am capable of completing a large challenge when I put my mind to it. I do recommend taking it if you love a challenge, as this opportunity has taught me that the best rewards come after the hardest journey!”

~ Loh Nicole



# COUNSELLORS IN TOUCH

During the Movement Control Order, when students were isolated from familiar school routines and friends, our counsellors continued to reach out to the student body. Students were assured of a safe place that they could turn to.

To maintain a sense of community, Virtual Chillax Sessions were organised for every Friday afternoon for various year groups across Secondary. They were fun casual chat and catch up sessions, and students (even some staff who participated) enjoyed them and were looking forward to next ones.

This was taken at a session with Year 11, where students suggested we make a big heart-shape using the combination of our hands



As our Year 6s couldn't physically be in school for their Year 7 Transition Session, Ms Keilah Lees (Assistant Principal, Professional Learning & Wellbeing), along with our school counsellors organised some Transition Group Support virtual sessions.

Students who signed up for the sessions were put into groups, and each group was assigned to a counsellor. Each of the 7 groups of students had 3 sessions (once a week), with final session including sharing and tips from current Year 7 students who had volunteered their time. The session addressed the students' concerns about transitioning to Year 7, introduced healthy coping strategies for the transition into Secondary school, and helped remind about the support available to them in school and at home.

We trust they found the sessions helpful and informative, and we wish them all the best in Year 7!



During the lockdown, the Counselling Department provided a video that was shared with the wider HIS community on self care tips at home during isolation.

# ECO-SCHOOLS



every time we waste, we lose a piece of ourselves

## AN ECO MCO ART COMPETITION



### Instructions

Theme: **ANIMAL KINGDOM**

Create a piece of artwork made out of recycled materials that fits the theme. Take a picture of your creation and submit a photo by the 12<sup>th</sup> of June. Email submissions to Ms.Samante ([samante.wickramaratna@kl.his.edu.my](mailto:samante.wickramaratna@kl.his.edu.my))



### Prizes



1st Place: will receive 20 house points and artwork will be displayed in school  
2nd Place: 15 house points  
3rd Place: 10 house points

Our Eco-School Committee has arranged a friendly and fun competition based on the theme "Animal Kingdom".

Thank you for all the creative artwork, made with recyclable materials. Congratulations to our three winners.

- 1st Place: Lim Dahyun (6 Jobs)  
2nd Place: Nik Jenna Nik Mohd Khusairie (3 Teresa)  
3rd Place: Yap Ji Wen (6 Prakash)



Lim Dahyun (6 Jobs)



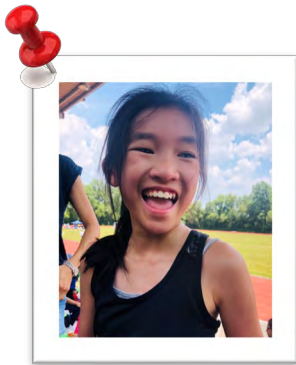
Nik Jenna Nik Mohd Khusairie (3 Teresa)



Yap Ji Wen (6 Prakash)

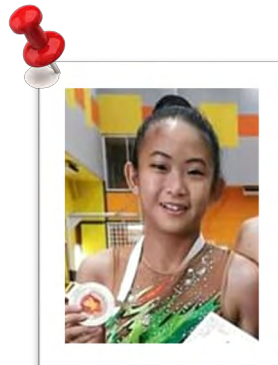


# STUDENT corner



**Tee Kai Marn, Kate (Y8)**  
**KEJOHANAN OLAHRAGA MSSD  
PETALING PERDANA**  
*February 25, Selangor*

- Category: P4 (U12)
- ★ 100m - Semifinal
  - ★ 200m - Final, 7th place



**Luanne Lee Cai Ying (Y8)**  
**MSSS RHYTHMIC GYMNASTICS**  
*February 24, Selangor*

- Category: Junior
- ★ Ball - Bronze



**Samuel Aaron Jayasiri (Y8)**  
**MSSD PETALING PERDANA**  
*February 27, Selangor*

- ★ 100m Gold
- ★ 200m Silver
- ★ 4x 100m Bronze

#### **KLSL SPORTS LEAGUE**

- ★ 100m Gold
- ★ 200m Gold
- ★ 4 x 100 m Gold



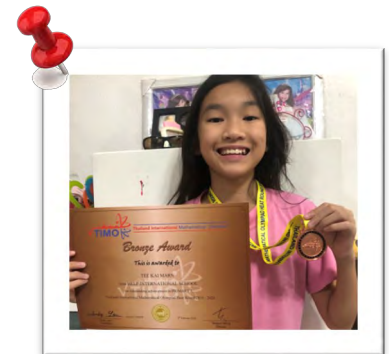
**Tee Bo Yang, Keith (Y2)**  
**Thailand International Mathematical  
Olympiad Heat Round**  
*January 14, Selangor*

- Category: Primary 1
- ★ Gold Award



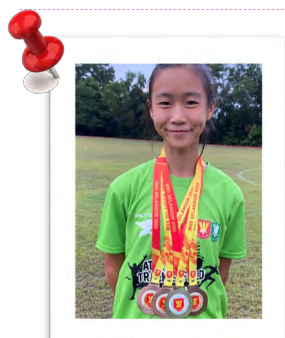
**Tee Ning Marn, Claire (Y4)**  
**Thailand International  
Mathematical Olympiad Heat  
Round**  
*January 14, Selangor*

- Category: Primary 3
- ★ Silver Award



**Tee Kai Marn, Kate (Y8)**  
**Thailand International Mathematical  
Olympiad Heat Round**  
*January 14, Selangor*

- Category: Primary 5
- ★ Bronze Award



**Andrea Wong Ee Syuen (Y8)**  
**Kejohanan Olahraga MSSS 2020**  
*March 12, Selangor*

- ★ 100m - 4th place
- ★ 200m - Bronze
- ★ 400m - Bronze
- ★ 4x100m - Bronze
- ★ 4x400m - Silver

- ★ Nominated to represent Selangor  
U15 - MSSM



We have come to the end of the academic year.

It has been an unusual time for all of us. We are proud of the way the HIS community has come together, and stayed united during this time. We wish to thank everyone for being supportive.

To the students, you have been incredibly inspiring. We are proud of the way you have grown, especially during these past few months of virtual learning.

To the staff, thank you for working hard and choosing to go the extra mile.

To the parents, thank you for being our village. Your encouragement and support mean a lot to us.

To our graduates, we wish you all the very best as you embark on new adventures. Thank you for being part of our story.

Have a safe and good break! We will see you back in August.

