



NEWSLETTER FOR PARENTS/STUDENTS

October 2016



Vita ad plenitudinem

Cover:

"The raintree area has become the centre of our students' activities during their break time. The best part of my day is to see students enjoying one another's company at the courtyard, hear the little ones' roaring laughter as they roll down the slope, and simply, feel their joy."

~ Ms Pei Shee, HIS Parent Communications

Contents

Message

- * Principal's Message 3

Academic Corner

- * IPC Entry & Exit Points (Preschool, Years 1, 2, 3, 4, 5 and 6) 5
- * Year 7 IMYC, A Student's Perspective 9
- * Secondary Art Trip 10
- * Year 9 and 10 Mandarin Educational Trip to Kunming, China 11
- * HIS Community Service Programmes 13
- * 2016/2017 Prefectorial Board 15
- * Snapshots of Co-Curricular Activities 17
- * @HISedTech 19

School Events

- * Deepavali Assembly 23
- * Anti-Bullying Week 24
- * International Day 25
- * Snapshots of Parent Events 27

Special Feature

- * Up Close & Personal
Mr Bertrand Molinie, Student Events and
Sports Team Coordinator 20

Student Corner

- * Student Achievements / Work 29

DISCLAIMER:

This newsletter including any attachments may contain confidential & privileged information and is intended solely for the use of the recipient(s). If you have received it in error, please notify the sender and delete all the contents permanently from all kinds of storage devices. Unauthorised distribution or dissemination of this newsletter is strictly prohibited. Please be informed that views or opinions found in this email are solely that of the author and do not necessarily represent HELP Education Services Sdn Bhd. HELP Education Services Sdn Bhd disclaims all warranties to the content of this email and shall not be liable for any loss or damage to the person and /or their property caused by this email.

HELP International School

No 2 Persiaran Cakerawala,
Subang Bestari, Seksyen U4,
40150 Shah Alam, Selangor.

Tel: 03-78097000 • Fax: 03-78097014

E-mail: enquiry@kl.his.edu.my

Website: www.his.edu.my

Facebook: facebook.com/HELPInternationalSchool

We would like to thank Ms JJ, Ms Carol and Mr Alex for their photos contribution.

PRINCIPAL'S MESSAGE

We are already a few weeks into our fourth academic year and so much has been happening. Before I note some of the highlights and initiatives of our first half-term, I would like to talk about something different that we have been deliberating about here at HIS.

Many of you will be somewhat familiar with the concept of 'Google-style' open office environments. Similarly, in education, there is a discussion going on about what some would call 'flexible spaces', 'messy spaces' and even 'campfire spaces'. This has been a trend in education for some time now and examples of this concept can be seen emanating from schools in Japan and Finland. [What is interesting to us is the idea that the spaces our students work and play in should allow for a good focus on learning and also promote a sense of community.](#) Our Senior Leadership team visited a number of educational institutions in Singapore, including the Hive Building at Nanyang Technological University, as part of the Apple Leadership Conference a couple of weeks ago and were able to see examples of how flexible spaces were important to teaching and learning there. The design of these spaces has been seen to improve a student's metabolism and has helped to increase their motivation and engagement. It has been described by some as a 'third teacher'. As such, we will be looking at introducing some flexible design spaces at HIS.



In addition, over next half term, my team will consult with students at HIS about the kind of environment they enjoy learning in. I have begun to initiate a series of design competitions with a view to seeing students' art and design become a feature around the school, to help make their environment more student-centred, more 'about them' – in a place where they can feel celebrated and comfortable.

On a slightly different note, I am happy to report that our new staff have settled and integrated well. Our new Deputy Principal (Primary) Ms Celine MacArthur joined us recently and was immediately involved with our Primary International Day celebrations.

There are more updates on student development. The launch of our new CCA programme this year has been both a challenge and an exciting development.

With over 130 activities to choose from, there are more choices of sports, games and booster classes to cater to the needs of our student population.

It is inspiring that, after such a short time, our alumni are returning to contribute to the school community. A former HIS student came into the school and ran a Financial Literacy session for our Secondary students. I hope that will help our students think carefully about their future as independent adults at work or in further education.

This academic year, HIS has continued to support the ZEC Learning Centre in Kota Damansara, a

Myanmarese refugee school. Our parent volunteers and A-Levels students have supported this project by providing basic necessities through fund raising, giving academic support to the children in Maths, English and Science and conversational English for adults, and training the women at the Centre in sewing so that they become self-sustainable.

As part of our effort to build and maintain a positive school culture, we engaged our students in the anti-bullying campaign with a series of activities this term. This is our third year running this school-wide Anti-Bullying Week to educate students about preventing and dealing with bullying.

Amidst the hustle and bustle of activities, I hope you have also managed to take a look at the wonderful photographs from our overseas educational trip to Kunming in China for Mandarin students. The students have indeed some great memories to add to the special opportunity of learning about Chinese culture and traditions at first hand.

Following on from successful events last year, we have continued with Parent Workshops, Parent Back-to-School, Parent Meet-and-Greet and Coffee Morning sessions. I hope those of you who attended have found them useful and enjoyable.

There has been a strong focus this half-term on staff training. This has included a teacher training day for educational technology and an innovative professional learning day, organised by Mr Matt Marson and the EdTech team, which allowed colleagues to explore how they can better use technology to enhance the teaching and learning

in their classrooms and beyond. Our staff also received specialist training on CAT4 and PASS diagnostic baseline assessments and data analysis.

We have just enjoyed our 3-day planning retreat in Melaka where we had the chance to offer a number of sessions designed to support and develop staff at HIS. We were also fortunate to have both Dr Goh and Dr Gerard in attendance and delivering inspirational sessions. We revisited the school's vision and mission and planned strategies to help move HIS to new levels over the next few years.

Our team have indeed come a long way and the journey has been tough and challenging but it has made all of us stronger and more resilient. Knowing that we are working towards a common goal for a common interest with like-minded people made it a fulfilling experience. Most importantly, we are very blessed with so much trust and understanding amongst those we work with.

Lastly, I would like to mention that our school was visited by teachers and leaders from an international academy in Phnom Penh, Cambodia and we were proud to hear that the HIS journey was 'inspirational' for them. This compliment was wonderful and very gratifying. This will further reinforce our commitment, as you can see from some of the developments I have noted above, to continue to grow as a school community and to make sure we are always finding new and better ways to help our students to live *life in all its fullness*.

Ms Davina McCarthy

Our teachers and staff at the recent planning retreat and at the professional development training.



ACADEMIC CORNER



An insight into
life in HIS

"CHILDREN LEARN AS THEY PLAY.
MOST IMPORTANTLY, IN PLAY
CHILDREN LEARN HOW TO LEARN."

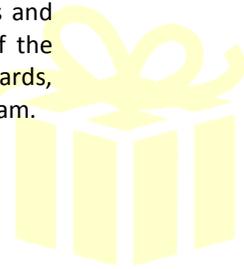
~O. Fred Donaldson



Preschool IPC Superheros



Our preschoolers presented gifts and cards to real life superheroes of the school: the admin, nurses, guards, maintenance and the cleaners team.

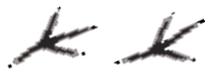


Year 1 IPC All Dressed Up



Year 2 IPC

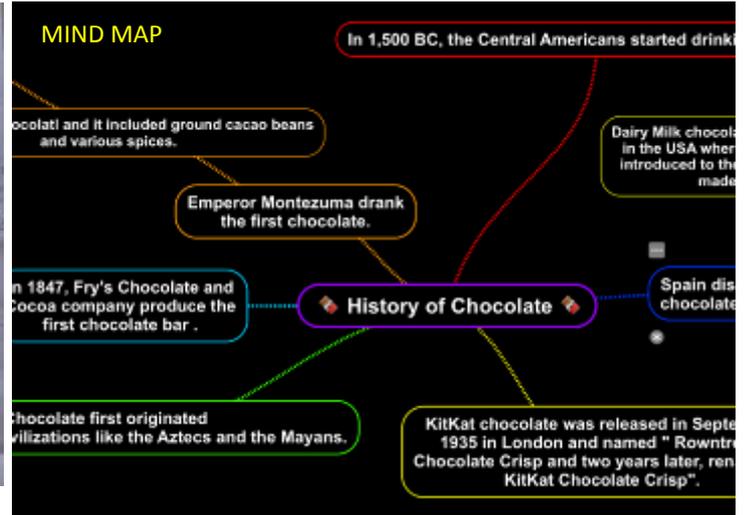
Flowers & Insects



Year 3 IPC

Footprints from the Past

Year 4 IPC Chocolate



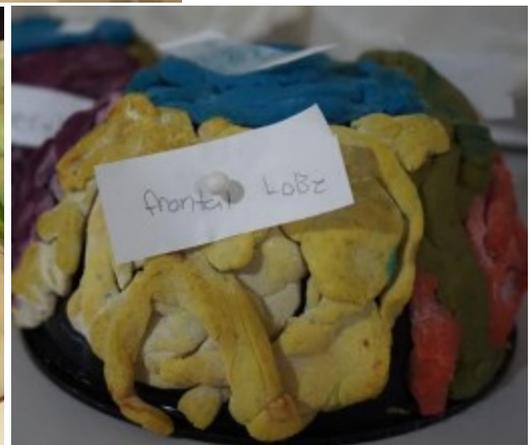
Food for brain

| | |
|---|---|
| <p>Hard-boiled eggs</p> <p>The choline in eggs boosts cognitive performance as well as enhances memory.</p> | <p>Tuna & Salmon Sandwiches</p> <p>Fatty fish in particular supplies the brain with the necessary omega 3, DHA and EPA. All these combat memory loss, dementia and Alzheimer's disease.</p> |
| <p>Vegetable & Fruits Salad</p> <p>Berries (blueberries, strawberries) also enhances memory as well as motor function Tomatoes has lycopene which can lower risk of brain degenerative disorders like Alzheimer's disease.</p> | |

Alzheimer's disease is the most common cause of **dementia**. The word **dementia** describes a set of symptoms that can include **memory loss** and difficulties with **thinking, problem-solving or language**.



Year 5 IPC Brainwaves



Year 6 IPC

Moving People

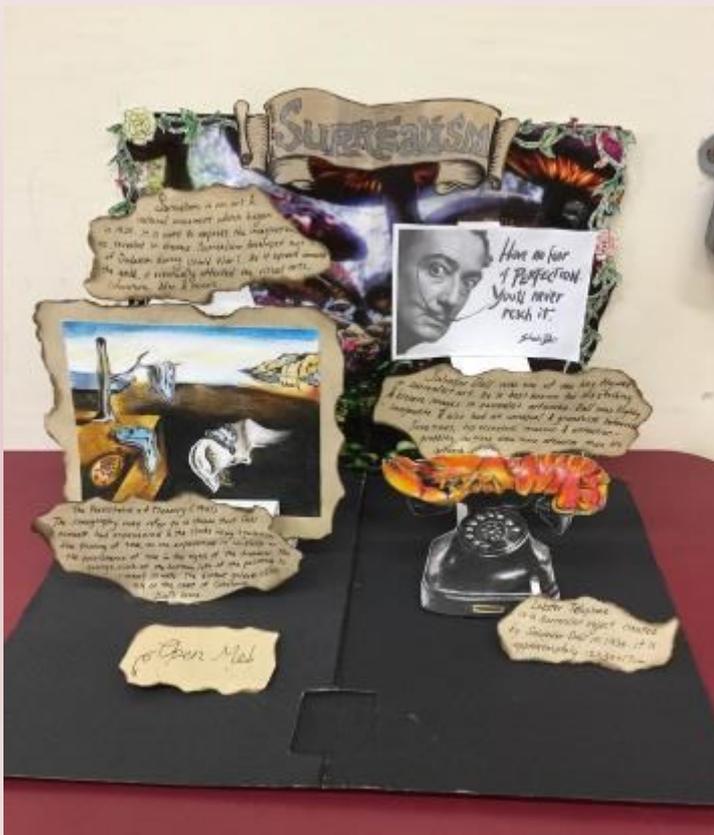
In learning about international migration, students were tasked to work in teams to build a refugee shelter using only straw, plastic plates and wooden sticks. After 30 minutes, each team had to explain the concept behind their shelter and addressed issues raised by the rest of the class on their concept.



Secondary Art, Design and Technology

“The Year 9 students are studying surrealism this term and they will eventually work in groups to construct a 3D sculpture. They spent a lesson learning about the importance of research and investigation along with learning about how to present their findings in an interesting and creative way by adding their own drawings, paintings and opinions.

Hazel went above and beyond what was expected of her when she created a spectacular 3D piece of research that incorporated her own very skilled interpretations of the work of the famous Surrealist artist Salvador Dali on a glossy background of a surreal photograph. Her work includes detailed evaluation of the artist's work and the art movement that is in depth, thoughtful, and unto IGCSE standard. ”



By Hazel Lou, Year 9

Ms Aimee Dymond,
Teacher

Balance

On the first day of school, instead of regular classes, we had a series of activities designed to introduce to us IMYC. They were all linked to the theme 'Balance'. We had a total of 6 activities: singing, juggling, yoga, slacklining, egg drop, and tower building.

You may be wondering how singing is related to balance. Through harmony! Harmony, the combining of several musical notes/voices to produce a pleasing effect, requires balance between the voices, or the combination would not work and would come crashing down. For example, if a group of singers timed their start wrongly, there would be no harmony and the piece would sound strange.

Maintaining balance while slacklining was challenging. When we did slacklining, we had a partner ready to steady us in case we fell. As Mr Bertrand (the PE teacher) explained to us, we needed balance between slackliner and supporter; unless the slackliner tells the supporter where he/she should be supporting, the slackliner could fall, and unless the supporter reacts in time with the slackliner's movements, the slackliner could still fall.

Another highlight of the day was learning how to juggle. Some people were excellent at it (like Mr Lee, the Mandarin teacher), and were able to juggle three beanbags at once, while others (like myself) could only do two. Juggling is easy to link to balance as well. To juggle, you need to balance the objects in your hands, throw them up into the air one by one at the right time, and catch them in good time.

For the Egg Drop activity, the class was split into groups and given the task of making something that would let an egg survive a fall from the fifth floor. We could only use a plastic sheet, string, some tape, and scissors for this. A few groups tried making parachutes that mostly worked, and one group simply wrapped the egg in the sheet to cushion its fall! I'm not sure what the outcome was, though.

Tower building was done in the Design & Technology (DT) lab. We had to build a stable tower in groups, with materials like spaghetti sticks, glue, popsicle sticks, and marshmallows that we had to 'purchase' with screws (which counted as a million dollars each). Each group had 50 screws to start with, and the group with the tallest and most stable tower would win the challenge (and be given yummy marshmallows).

In Yoga, we were taught the Sun Salutation Sequence, among other poses. It was kind of hard for people who weren't flexible, because it needs a lot of balance. But it was fun to learn it, all the same.

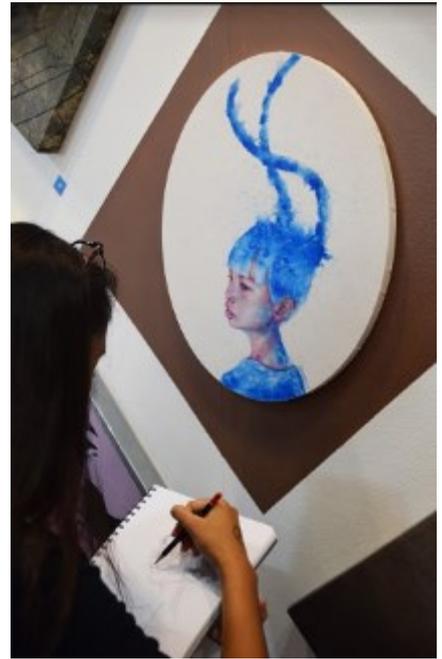
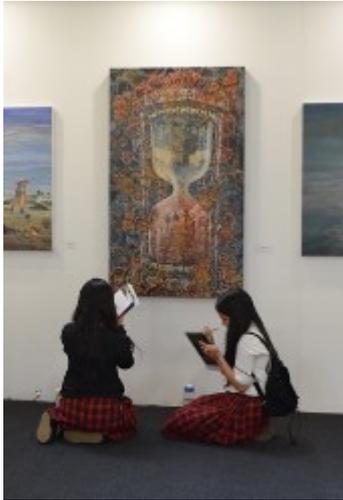
The IMYC is a new, (relatively interesting, in my opinion), way of making us understand the themes introduced. This term's theme, 'Balance', is essential in life, whether it's in health/physical issues, time management, job and home life, or other things. Next term's theme will no doubt be just as interesting, and I can't wait to see what else IMYC has in store for us!



10th EDITION



SECONDARY ART TRIP TO THE 10TH ANNUAL INTERNATIONAL ART EXPO MALAYSIA PLUS



At the Exhibition, students were able to acquire first-hand experience of a wide range of original artworks, and examine the use of visual elements, materials and techniques to influence and inspire their own work.



IGCSE Student Work

"A Stitch in Time"

- a study of Cubism

By Teoh Khai-Xiin, Year 11



Year 9 and 10 Mandarin Educational Trip to Kunming, China

September 21-26

昆明旅游后记

九月21日至26日，我有幸参与学校的文化学习之旅，到中国的昆明去体验当地的文化、民俗和风情。这一次随同学到昆明使我收益良多。这六天五夜里我学会了很多少数民族的传统手工艺、生活方式、风俗习惯和中国不为人知的一面，并品尝了地道美食。同时，我跟其他学生、老师的关系也变得更亲近。

旅途中每一天都在学习、每一天都体验着新的事物。旅行途中令我印象最深刻的是禄丰恐龙谷。在禄丰恐龙谷，我们得知考古学家在原址上发掘了26具完整的恐龙化石，并在博物馆里展出；另有26米长的巨大化石、估计300 - 400具未被挖掘的恐龙化石埋藏在其地底下和关于恐龙五大未解之迷团。

这旅程中我们认识了多位当地导游、随团导游Sam、师傅（司机）等。我们很感激他们与李老师和王老师的付出，倘若没有他们的付出与努力，这趟中国之旅不可能取得如此的成功。

~ 吴梓熙 Elliot Ng Chi Hei, Year 9





12 of us went on a trip to Yunnan, chaperoned by our 2 very capable teachers. We learnt many things about the culture and food. We also had the opportunity to try on various traditional clothing of different provinces.

Of the many places we visited, the Stone Forest (石林) left the greatest impact on us. Unlike the usual forest of living fauna and flora, a myriad of animals and people were found naturally and wonderfully imprinted in stone. Another great place to visit was JiuXiang Cave (九乡洞) which is a wondrous cave with breathtaking waterfalls and rivers adding to the beauty of the landscape.

~ Louis Fong, Year 9



I was very fortunate to have this opportunity to travel all the way to Yunnan, China with my friends and teachers. It was an absolutely wonderful experience.

I personally enjoyed the Yunnan Nationalities Village a lot because we got to learn about a variety of different lifestyles, architectures, religious beliefs and cultural songs. We were lucky enough to be able to admire many beautiful and breathtaking sceneries. I got to go horse riding which was a whole new experience for me. I also got to conquer my fear of heights by riding on a cable car while we were in Jiu Xiang. I was extremely terrified but it was a phenomenal experience.

~ Apryl Tai, Year 10





HIS Community Service Programmes

Our A-Levels students have embarked on their community service project under the Leadership Programme, working with children from a refugee school for the next 12 weeks, teaching them English.

The students planned and prepared the lessons, under the guidance of teachers and parent volunteers. Our desire is to see our students learning to give generously of their time and knowledge, and at the same time learning to receive the many lessons of serving the underprivileged.



During one of their CCA sessions, Outreach Club students prepared hygiene kits for the homeless. They were on the mission to prepare as many as 50 packets of these kits which consisted of useful personal hygiene items.

They then contributed these kits to Pay It Forward Ipoh, a NGO that is actively helping homeless people around Ipoh and Chow Kit (Kuala Lumpur). Indeed, small act of kindness can make a difference in one person's life.



Each of us can make a difference, together we make a change

It started as a little seed which miraculously grew into a tree.

A few like-minded parent volunteers, with the support of the school, wanted to lend a helping hand to a Myanmar refugee school nearby. We had already done a Christmas project before with them, and the parent volunteers and the school felt that we should do something more sustainable and impactful.

One of the things we noticed during our visit was that there is a group of refugee mums hanging around, with their young children and babies; they were stay-at-home mums. We thought we could possibly explore some small sewing projects and produce some simple handicraft for sale, with some training to start them off.

We found an organisation called *Mang Tha* who trains women refugees in sewing and knitting, and we got in touch with them through UNHCR. After much discussion, *Mang Tha* agreed to send a trainer to train the mums, with UNHCR providing financial support! This is the first time they have agreed to train out of their training center, so truly it is something wonderful. It was so encouraging to all of us to see these mums having an opportunity to learn some skills, and hopefully using these skills to earn some income for themselves and their families.

We also helped them source for second hand portable sewing machines, and we were so amazed that once the word got out, three other ladies donated their sewing machines to these mums!

These mums will undergo training for three months, twice a week, of 3 hours per session. Meanwhile, there will be small sewing projects along the way, which we hope is the beginning of better things to come.

If you get to meet them, you will soon realise they are no different from us. They long for better lives for their families, they love their children and they try their utmost to take good care of them.

Often when we give, we think we are doing the recipients a favour. But in reality, when we give, we are the ones who get inspired. To see the mums holding their children, and so eager to earn some income is inspiring to all of us who are involved in this project.

Some other parent volunteers are involved in giving English, Maths and Science tuition to the refugee children, and we have our A-Level students helping out as well. We also have parent volunteers helping to source for food so that the children will have nutritious meals. On top of that, we

Education is not merely about academics. We want our children to be educated in their minds and their hearts.

are trying to arrange for the adults to have money management classes, and conversational English classes.

See how the seed has become a little tree? With everyone involved pitching in, there are so much we can do together.

We hope that this will spark more people within our school community to help others in need. We rise by lifting others up. We hope that our children can see what we do, and they in turn will learn from it too. Education is not merely about academics. We want our children to be educated in their minds and their hearts. But first, let us walk the talk. The world is changed by our example, not just our opinion.

By Sue Shiew

*On behalf of the HIS parent volunteers
(community service team)*



2016/2017

Prefectorial Board

Congratulations and welcome to all our 2016/2017 Prefectorial Board. We trust that you will respect and hold to the traditions of the school by being an exemplary role model to others. Cherish the HELPian motto of 'Life in all its Fullness', be kind to others, help whenever you can, and be great ambassadors for our school communities.

ACADEMIC

| | | | |
|----|-------------------------|----|------------|
| 1 | Aaron Benjamin | 4 | Aquinas |
| 2 | Victoria Wong | 5 | Hodgkin |
| 3 | Dylan Chew | 5 | Yamanaka |
| 4 | Melody Cheng | 6 | Bell |
| 5 | Tio Eu Jien | 7 | Da Vinci |
| 6 | Vara Qi Gunananthan | 7 | Da Vinci |
| 7 | Shang Wei Toe (Lillian) | 7 | Guo Xi |
| 8 | Lee Jia-myn (Carmen) | 9 | Benedetti |
| 9 | Yap Jia Yi | 9 | Benedetti |
| 10 | Aletheia Goh | 9 | Chopin |
| 11 | Tio Li Yen | 9 | Mangeshkar |
| 12 | So Zhao Qi | 10 | Zhang Xin |
| 13 | Sidney Lim | 12 | Sagan |

SPORTS

| | | | |
|----|-----------------------|----|--------------|
| 1 | Andrea Wong | 5 | Hodgkin |
| 2 | Lim Hao Feng (Howard) | 6 | Borlaug |
| 3 | Louis Norman-Jones | 6 | Borlaug |
| 4 | Ryan Lim | 6 | Hopper |
| 5 | Abel Ang | 7 | Da Vinci |
| 6 | Charlie Tan | 7 | Michelangelo |
| 7 | Alyssa Yong | 8 | Lee |
| 8 | Lee Zhi Lyn | 8 | Naipaul |
| 9 | Louis Fong Jin | 9 | Mangeshkar |
| 10 | Soo Zhi Xin | 9 | Mangeshkar |
| 11 | Chook Hou Yuan | 10 | Buffett |
| 12 | Lisa Huijbregsen | 10 | Buffett |
| 13 | Marc Tan Teh | 12 | Sagan |

Head Prefects

- ◆ Leanne Yule (11 Montessori)
- ◆ Tan Min Khian (11 Montessori)

COMMUNITY

| | | | |
|----|-----------------------|----|-----------|
| 1 | Eliana Wong | 5 | Newton |
| 2 | Lee Zhe Xi (Jessy) | 5 | Yamanaka |
| 3 | Yuriko Kung | 5 | Zhenning |
| 4 | Keaira Lee | 6 | Galileo |
| 5 | Rachel Yee | 7 | Renoir |
| 6 | Kavya Balaji | 8 | Austen |
| 7 | Natalie Loke | 8 | Naipaul |
| 8 | Joey Chee | 9 | Mozart |
| 9 | Dhineswaran Raj | 9 | Xinghai |
| 10 | Emily Chew | 10 | Buffett |
| 11 | Zuleika Zainul Arifin | 10 | Ka-shing |
| 12 | Mansheel Randhawa | 10 | Zhang Xin |
| 13 | Chook Hou Wei | 12 | Sagan |
| 14 | Rinchen Teoh | 12 | Sagan |
| 15 | Sofea Shaniz | 12 | Sagan |

ARTS

| | | | |
|----|------------------------|----|-----------|
| 1 | Ariana Hafiz | 4 | Anscombe |
| 2 | Fiona Chamelene | 4 | Hypatia |
| 3 | Sarah Ng | 5 | Newton |
| 4 | Tee Kai Murn (Kate) | 5 | Zhenning |
| 5 | Arjun Gunalan | 7 | Da Vinci |
| 6 | Aliya Hafiz | 8 | Lee |
| 7 | Kareena Sivam | 8 | Lee |
| 8 | Lim Rou Szen (Rozanne) | 9 | Benedetti |
| 9 | Elissa Foong | 9 | Chopin |
| 10 | Dawn Koh | 9 | Xinghai |
| 11 | Apryl Tai | 10 | Buffett |
| 12 | Thomas Teoh | 10 | Buffett |
| 13 | Adithya Lakshmi | 12 | Sagan |

Deputy Head Prefects

- ◆ Loh Nicole (10 Winfrey)
- ◆ Darwin Woo (11 Sullivan)



“Leadership is not about titles, positions, or flow charts.
It is about one life influencing another.”

~ John C. Maxwell



Prefect Leadership Camp

Bentong, October 21





Snapshots of Co-Curricular Activities



DRAMA

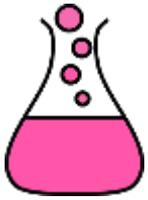


GO-GREEN



"Teaching children about the natural world should be seen as one of the most important events in their lives."

Thomas Berry,
The Dream of the Earth



MAD SCIENCE

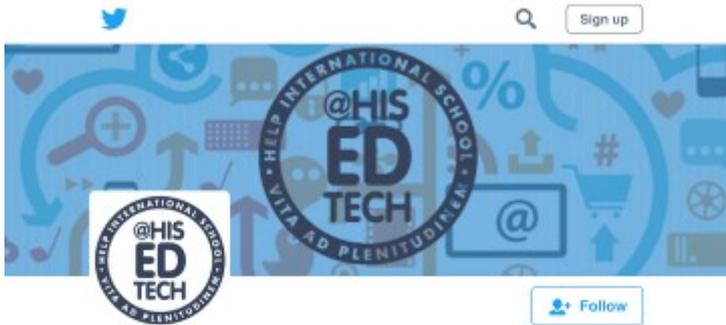


MALAYSIA CULTURE & LANGUAGE CLUB





Follow us on Twitter @HISEdTech



Technology at HIS @HISEdTech

Kuala Lumpur Federal Territory · his.edu.my
261 FOLLOWING 116 FOLLOWERS

TWEETS MEDIA LIKES

Technology at HIS @HISEdTech 20h
Anyone any idea when Google plan to launch the new Google Sites?
@GoogleForEdu @gsuite @GoogleMsia @googledocs

Technology at HIS Retweeted
Mr O'Donovan @Mr_ODonovan Oct 17
@HISEdTech Great start to the competition! #puzzleoftheweek

Andrew Sharpe @asharpeducator
Only 2 days left for the first puzzleoftheweek.com @IGSMaths just behind @gismaths with entries from 9 schools worldwide #gislearning

Technology at HIS Retweeted



Vickyheng @vickyheng



With the use of Popplet app, students made their mind maps on the subjects they learn in school. @HISEdTech @poppletny #mandarin



Oct 12, 2016, 3:32 PM

Technology at HIS Retweeted



Maria Ruiz @Maria_RV6 Oct 13
Gardening with Year 2. What a great way to start our Thursday!
his_learning @The_IPC #flowersandinsects



1 1

Technology at HIS Retweeted



Mr O'Donovan @Mr_ODonovan Oct 13
Students creating their video book reviews, next editing in #imovie then @aurasma to make our augmented reality book reviews! #his_learning



Technology at HIS @HISEdTech

@LEGO_Education Mindstorm Space Challenge #problemsolving #criticalthinking #growthmindset #edchat #edtechchat

Translate from Danish



18/05/2016, 3:30 PM

3 RETWEETS 7 LIKES

UP CLOSE & PERSONAL

With HIS' growing involvement in the KLISS (KL International School Sports League) competition circuit and earnest preparation for the local MSS tournaments (Majlis Sukan Sekolah-Sekolah Malaysia), in this issue, we are going to feature our new Student Events and Sports Team Coordinator, Mr Bertrand Molinie. He shares with us his vision for the development of HIS sports.

Born in Brive La Gaillarde, growing up in a small town called Souillac, Mr Bertrand has travelled far and wide beyond the borders of France to Wales, the Middle East, India, Canada, Mexico and Albania, and finally to the shores of Malaysia just 2 months ago. Indeed, the very lively and animated Mr Bertrand is well travelled and is very passionate about Rugby!



This year's KLISS tournaments have already started, as far as KLISS is concerned, we aim to get our students into competition for the Cup.

How does the KLISS competition circuit work? How do you plan to get our students into competition for the Cup?

What is your vision for the development of HIS sports teams? What sports will HIS be focusing on when building our school teams?

For a school that has only been three years old, I observed that the foundation of a lot of good work has already begun in HIS sports teams. My aim is to build on that and together with our team of dedicated coaches, bring out the potentials in our students' athletic / sporting prowess, provide year long training and continue to stress on the importance of teamwork. To quote the famous basketball player Michael Jordan, "Talent wins games, but teamwork and intelligence win championships."

We will definitely be focusing on sports that we have been taking part all these while at KLISS and MSS – football, swimming, basketball, volleyball, benchball, tee-ball, badminton, table tennis and athletics.

Every year, the 8 KLISS schools will register for competitions. They are: BSKL, HIS, IGB, ISP, Kolej Tunku Jaafar, Nexus, Tenby and Taylor's.

The schools will then be randomly divided into 2 groups of 4 teams. The 4 teams in each group will then compete against one another in what we call the qualifying round. The top 2 teams in each group will be regrouped to compete for the Cup and the rest of the 4 teams will compete for the Plate.

In order to help us achieve our target, we have come up with a strategy for it. Instead of limiting to only 12 players per sports team, we now have a squad of many players. We are hoping to build a pool of interested and enthusiastic students with the same vision and right attitude. In order to be selected for the next game, these students will learn to take training seriously and to appreciate selection by performance, and not to take for granted they will play at each game.

Though their skill levels may be varied, we are confident that this will not be a stumbling block as we believe that the training these students will receive as a team will help to benefit them individually.

The trainings will not just be seasonal but regularly on a year-long basis. The rigour of training is important as far as nurturing any competitive sports is concerned.

We have also, so far, established contact with many schools for friendly matches. The more we play, the better we get. We hope our students will get enough exposure in preparation for the competitions.

Do you have plans to expand HIS' participation in other sports?

Yes! To begin with, we will be officially introducing Ultimate Frisbee, Rugby and Cricket to students this year. With enough students in these CCAs, we will aim to create and organise our own tournaments in which we will invite teams from other schools to participate in.

In time to come, we could possibly also offer Handball/Dodgeball in the next academic year. If resources and participation numbers permit, we will be able to make it an official sport (like Ultimate Frisbee) and create our own tournaments for it.

One has to start by building a firm foundation not only with the proper skills but also with the right values – demonstrate good sportsmanship, work hard to learn the right skills and be honest/ethical.

What are some of the key learnings of sports development from your previous experiences that we can adopt here at HIS?

First, I think clear structure and pattern in what we do is very important. This can be reinforced with clear communication goals and teamwork amongst us.

I also believe in hard work and that the most experienced will have to lead example and be good role models.

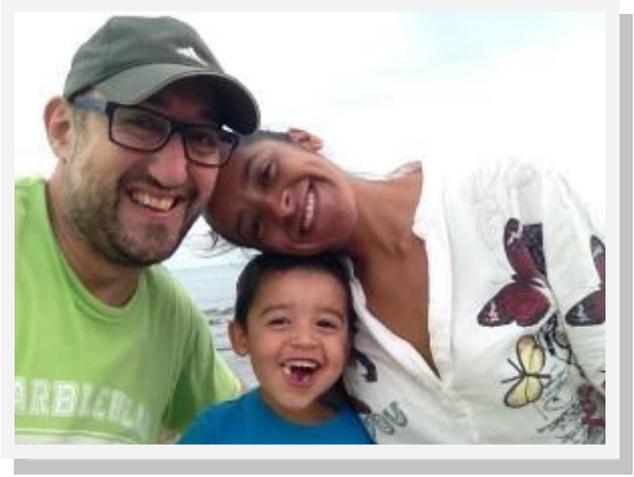
On another level, one has to apply the same values to sports as one would to life. There is too much grey area in life. I believe in having very clear sense of what is right and wrong. So, to be good, one has to be very clear. Having said all that, I think the discipline of the students here is extraordinary!



Coaching RE'LAS Rugby Club in the Solomon Islands

Outside of sports, tell us something about yourself that will surprise us.

I love cooking, swimming and snorkeling.
I wanted to become a butcher (My dad was butcher).
I started riding at 3 years old and took part in competitions.
I was a baker in Canada for a while in my younger days.
I worked as a tour guide for 2 years.
In Kuwait, I coached ladies in Rugby.



Could you tell us a little about your family?

My wife, Veronique is from Mexico. I have 2 boys who are simply brilliant and phenomenal! I love being a dad. Bruno is two and a half years old and Max is only 15 months old. We have raised them to be active and to embrace the outdoors.



Mexico, 2009

Mr Bertrand was involved in a programme to get children off the Mexicans streets, to keep them away from gangsterism and drugs, by introducing them to 'beach rugby' at Playa del Carmen. This programme has enabled local children to think differently and give them a new vision and options on the future. Some of them have even since joined the national team.

View the video here: <https://youtu.be/nBnCMXJPXGc>

Favourite city to live in: Tulum – for the breathtaking beaches!
Favourite holiday destination: None so far... “When you have lived in paradise, you wouldn’t need to go anywhere else”.
Birthday: 11th November
Favourite foods: Anything spicy. Nasi lemak is my favourite Malaysian food so far.
Favourite Sport: Rugby, of course!
What is your favourite movie? *The Big Blue* and *Remember the Titans* (I highly recommend it to students as it’s about sportsmanship, friendship, hard work and perseverance.)



Biking in the countryside -Souillac, France

SCHOOL EVENTS





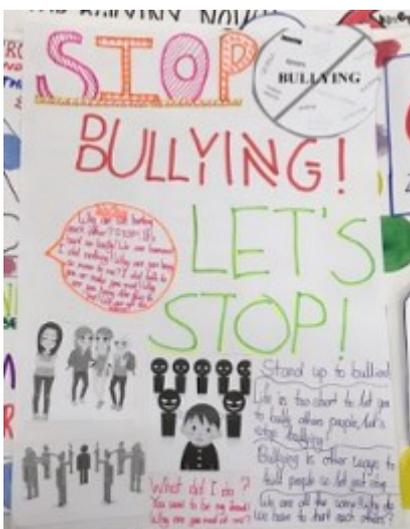
Anti-Bullying Week

October 4-7

This academic year, HIS Anti-Bullying Week focused on raising awareness that each of us in the community can play a part towards anti-bullying initiatives. Activities included homeroom discussions and assemblies on the impact of bullying, practical steps that students can take when faced with or witness bullying situations.

At the Preschool and Key Stage 1 level, classroom discussions were based on an interactive app called "The Allen Adventure", where children learned strategies to socialise and communicate effectively with others, as well as positive behaviors to be a better friend. Key Stage 2 upwards, students utilised a free app called "Take A Stand Together", which gives them practical guide to counter bullying. Parents too, were encouraged to educate themselves about bullying and learn how they can support their children through an app called "Know Bullying".

At HIS, we want to join hands and stand together at all levels, to ensure that our school is a safe place for students to learn and grow.





International Day

September 29





The goal of instilling international mindedness was displayed in the focus given during International Day at HIS, culminating in a celebratory assembly in school. Each class in Primary adopted a country which they researched on, and shared with other classes what they learnt about the beauty of cultural diversity as well as the challenges in providing equal opportunities and necessities for all citizens of the world.

All in all, the International Day's celebration at HIS was a classic example of how global goals set by world leaders on the universal stage were made practical and relevant in the daily lives of our students.





Meet-and-Greet, Coffee Mornings, Parent Workshops and Parent Back-to-School Day





STUDENTS CORNER



Celebrating Student
Achievements

Marcus Lee (Y7)

10th CK Classic International Open
Taekwondo Championship 2016

September 23

Poomsae Event

11-13 Years Old : Individual Male - BRONZE

11-13 Years Old : Mixed Pair - BRONZE

11-13 Years Old : Team Male - SILVER



Katerina Lee (Y6)

Glen Iris Cup 2016 (Rhythmic Gymnastics)

Melbourne, Australia

October 1

* 9th place (out of 16)



Akshithi Morla (Y4)

Kangaroo Maths Competition 2016

* Ecolier Category (ages 9-10) - SILVER

Sean Woo (Y8)

Pesta Renang MBPJ 2016 (Swimming)

September 24

50m Butterfly : SILVER

100m Freestyle : BRONZE



Linus Theo Dengah (Y9)

Maths Olympiad 2016

Malaysian Mathematical Sciences Society

July 23

- Kategori Bongsu (individual)
- 51st position out of 100



Maths Olympiad 2016

Malaysian Mathematical Sciences Society

July 23

Participants:

Aidan Wong (Y9)

Gabriel Ng (Y11)

Stefanie Tan Zi Xuan (Y9)

Yap Xin Wei (Y9)

Short and Sweet Dance Malaysia 2016

October 16

Participants:

Leanne Yule (Y11)

Kayleigh Yule (Y8)

Lydia Karman Syamsul Azuan (Y7)



Leanne, Kayleigh and Lydia from HIS were part of the Striking Chords team represented in the finals of Short and Sweet Dance Malaysia 2016.

Striking Chords won 4 awards:

- * Best Glitz and Glamour
- * Audience Choice
- * Best Up-coming Youth Talent
- * Mercedes Benz Creative Award

