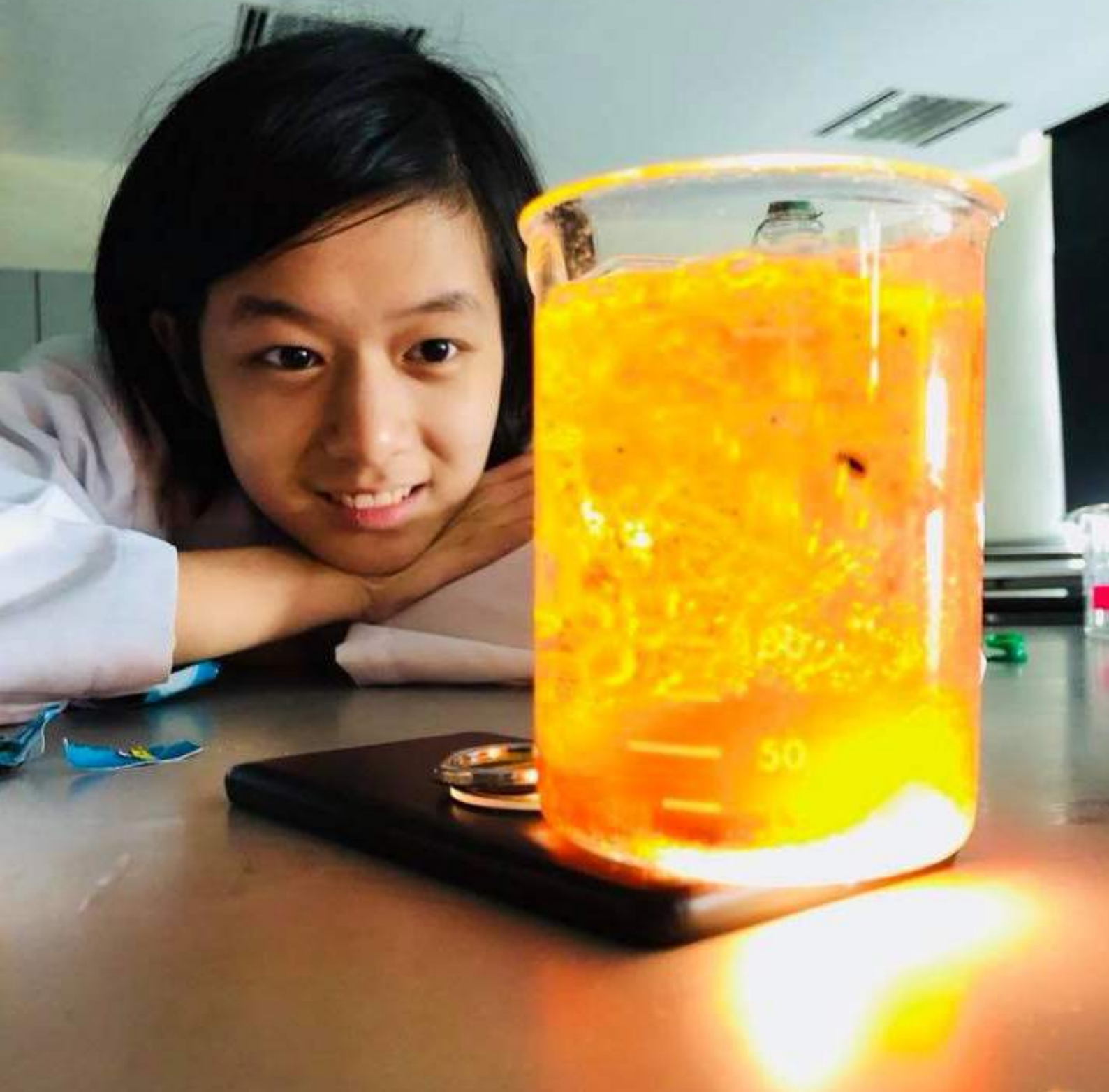


*Celebrating 5 Years of
Life in All its Fullness!*
2014 - 2018



Newsletter

Issue: 2018 / March



Cover:

Exciting experiments were on show during STEAM (Science, Technology, Engineering, Arts and Mathematics) Week.

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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



Message from the Principal



A joy of learning in childhood will lead, exponentially, to a love of learning for life. I really believe that, as we strive to develop confident, independent learners, ready for an uncertain future in a difficult-to-predict world, we may well need to adapt our traditional educational methods to prepare for what is being termed the 4th Industrial Revolution.

At HIS, this past few weeks has seen a real focus on innovative ideas; hosting the AIMS (The Association of International Malaysian Schools) Teacher Conference brought about some excellent sharing of good practice but also a healthy discussion on change. As a Principal, I become ever more vocal on training, with our external educational stakeholders like Cambridge and the IPC. The conference provided an opportunity for some real development in this conversation and, in addition, Dr Gerard, our founding principal, has also asked us to host a group of trainee Australian teachers in January 2019. Mr Marson and I will be attending the Apple Distinguished Schools Global Innovation Summit in Chicago, in May, where we will be telling the HIS story. HIS will also be hosting the upcoming 'Innovation@School – Future Skills' meeting.

However, developing good local leaders and Malaysian trainers is key to making a difference in the international and private school systems as well as education in Malaysia in general. I hope that parents and the community at HIS can get behind that key message, in the same way they have with all of our forward-looking initiatives. We need our leaders for tomorrow, we need our teachers for tomorrow and we need to equip them with the skills to remain flexible and be ready for the future, because when we rise as educators, results rise too.

John Hattie, who has been at the forefront of educational research for 25 years, asserts that teachers make the biggest difference to the educational outcomes of students. A focus on teachers is absolutely right but it has also to be a focus on developing professionalism. It is about people, not structures and systems (which do, of course, have important parts to play). I am very proud of our staff but I am particularly proud to see some of the journeys our Malaysian colleagues have made as educators in their time at HIS.

"Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future."

~ Brian Tracy



L-R: Mr Matt Marson, Mr Peter Wells (Principal, Taylor's International KL and Chairperson of AIMS), Ms Davina McCarthy, Mr Guy Claxton (Keynote Speaker), and Mr Mark Jones at the AIMS Conference 2018.

Guy Claxton, who gave the keynote speech at the conference, talked about students' educational experience, using the terms 'performance mode' and 'learning mode'. Performance mode is an exam, a race, a performance. He talked about 'best performance' with high stakes vulnerable to mistakes and a culture where a fear of risk taking is an issue. Schools need to shift over more to 'learning mode' to encourage growth mindsets, to encourage experimentation, be open to feedback, be confident, be imaginative, to be collaborative and resilient. Training our teachers to make this shift to learning mode as a default teaching strategy is an achievable challenge but one that takes time and support to embed.

As the school is now in its fifth year of operation, I invite parents to join us on that journey, confident that we are being acknowledged for the things we do well. Our very short history has seen us awarded 5-Star SKIPS, an Apple Distinguished School, recognised as a Cambridge PDQ Teaching & Learning Centre, as Outstanding Cambridge Performers at IGCSE and A-Level, gained IPC Accreditation and more. I ask that you continue to come along with us. We are determined to be as innovative as other top schools in Malaysia and Singapore and that, with our sister schools in Johor and, in 2020, Kuching, we will be leading that change, ready for the future, now.

As we approach the end of Term 2, I would like to say best of luck to our students as they revise and prepare for their exams during the break. It has been another fantastic term. Our students' performances in MSSD, KLISS and World Scholar's Cup have been exceptional and we are very proud. Our Design Arts exhibition, World Book Day, Eco-Schools events and STEAM Week have shown the wonderful creativity and inventiveness we expect when we allow the learning process time and space.

We are saying goodbye and thank you to Ms Jasmeen, who leaves us shortly for the UK to have her baby. Also, to Ms Kim and Ms Evelyn as they take maternity leave in Term 3. We wish the best to Ms Shalini from Preschool and Ms Li Cheen from Admin as they move to new challenges; best wishes for the future.

Please have a happy and safe break and I look forward to welcoming you back for Term 3.

Vita Ad Plenitudinem
Ms Davina McCarthy



HIS is officially an approved center to offer international qualifications from Oxford International AQA Examinations.

HIS is recently recognised as an IPC accredited school, joining an elite community of less than 20 schools (in a community of over 1,800 schools across 90 countries that adopts IPC). Thank you all for making it possible!



"This is a wonderful tribute to the hard work, dedication and focus of your school community. A school that is accredited provides evidence for and about the IPC that the curriculum is both rigorous and developmental. HELP International School is an important symbol of everything we stand for."

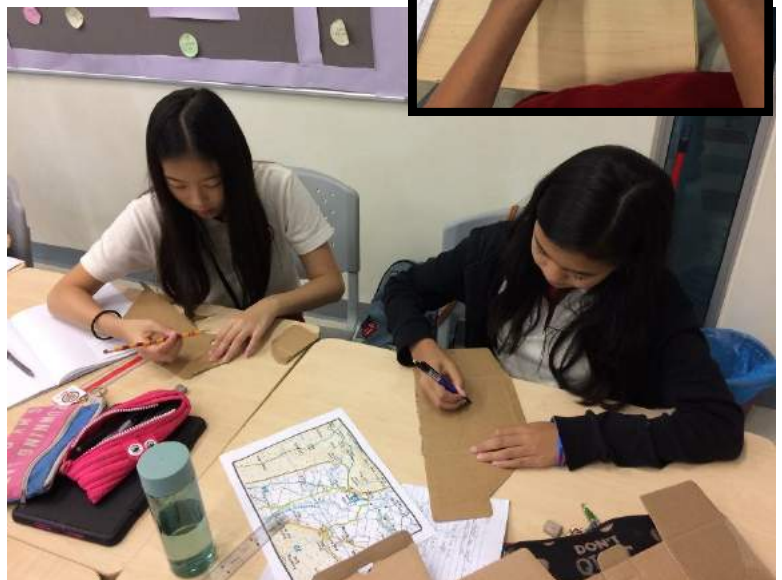
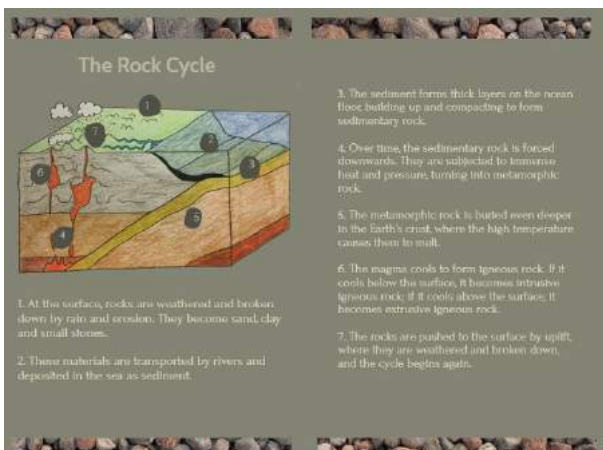
~ Mr Richard Davies, Divisional Director, Fieldwork Education.

HUMANITIES



For our students to truly be global citizens, they need to understand the world. Being able to perceive and appreciate the natural world as well as different societies, culture and economies, allows students to think creatively and critically, to reason, and to ask questions.

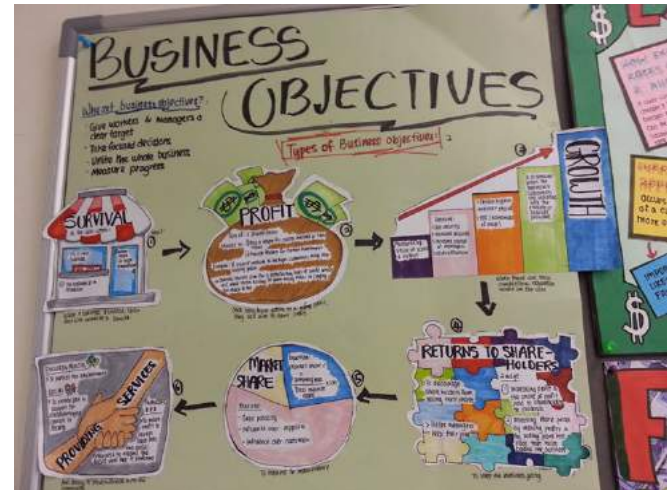
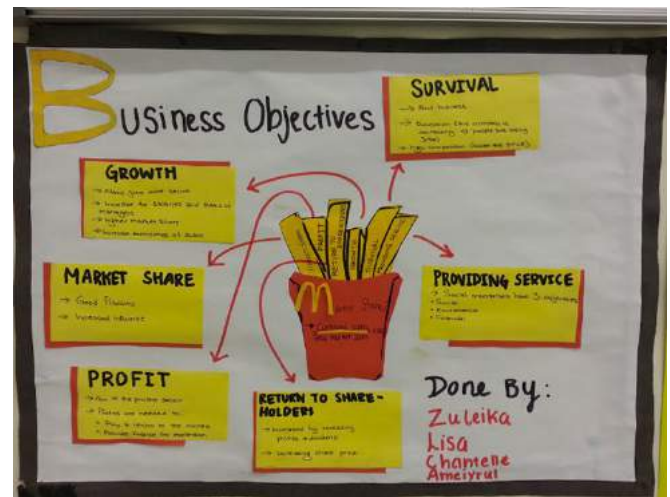
Year 9 students as part of their study on the rock cycle, produced iBooks to show their understanding of the subject matter.



Year 7 IMYC students learning about contours. A hands-on approach also means that they get to physically build a model based on their maps to get a better understanding about how contours affects the shape of the land around us.

BUSINESS STUDIES & ECONOMICS

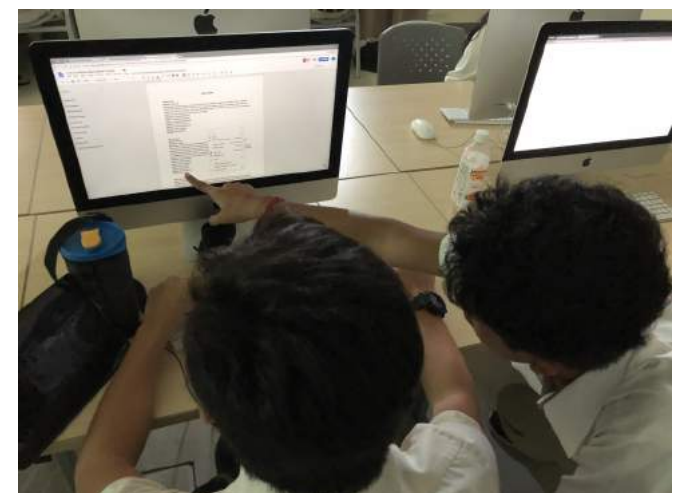
Year 10 Business students drew real-life examples of products based on market segmentations given to their groups.



In order to illustrate how easily messages can get distorted when communicating in a long chain of command, students played a game of 'Chinese Whispers'.

Lights, Camera, Action! ICT in the real world

Year 10 IGCSE ICT students have recently been working on how to create, manipulate and present different data models and simulations. To bring the topic to life, they have been using the new Google Applied Digital Skills curriculum. Students tried their hands at completing a project called "Pick the next Box Office Hit". They used the skills they have learned in lessons to analyse existing movie data and create models which they then used to pitch a movie idea! Students have really enjoyed collaborating with each other and identifying data trends in the movie industry!



ARE YOU THE NEXT JANE AUSTEN, USMAN AWANG, OR MO YAN?

Calling all secondary writers...

HELP International School
(ENRICHMENT PROGRAMME)

**Creative Essay Writing
Competition
2018**

English
Bahasa Melayu
Mandarin



For competition details, please see:
<http://bit.ly/HISCreativeEssayWritingCompetition2018>

You have travelled backwards/forwards in a time machine. Begin your story with the opening of the machine door after you have arrived in the past/future.

by Jessica Leong, Year 11

‘Don’t see anyone, don’t talk to anyone, run.’ The words echoed in my head repeatedly like a mantra. ‘Breath in, breath out.’ I clasp my hands together to stop the shaking, it doesn’t work. ‘Focus.’ I only had one priority, one mission. If I succeed, everything will be okay. The doors groaned as it opened. I took one deep breath, inhaling the smoky chemicals. It was time.

Blood rushed through my legs as a tore through the thick and crowded forest, racing with time itself. The cool wind howled harshly as it cuts through the trees, attempting to stop me in my tracks. Mud cringed tightly onto my army green boots as it rocked the ground below. The stolen time machine became a small dot in the far distance, crying in agony for the fear of isolation in the dark. But I couldn’t stop now, I knew that if my legs could not carry me fast enough, I would be caught.

As I ran, my legs on autopilot, my mind took me back to the briefing that took place before I walked into the time machine.

‘Remember, all you need to do in order to change what happened is to push her out of the way before the car hits her. Dial the time machine setting back twelve years exactly, no more, no less. You’ll have to be quick, or the authorities will catch you. Understood?’

My legs crashed into a bush, snapping me out of my daydream. ‘Focus.’ My hands turned tightly into fists as the adrenaline of the situation courses through my body. Sweat trickled down my neck as the bright orange orb in the distance was slowly lowered into the horizon. Soon, the scene shifted right in front of my eyes. Instead of thick mud and soil that crumpled under my feet, my boots began to stomp over the rocky grains of the gravel road. Rows and rows of neatly polished houses slide past me as I flew downhill, it was exactly like I remembered.

‘Left, right, another right, left continue on straight down the road.’ I recalled as my feet propelled themselves towards the destination. Suddenly, time slowed, my legs came to a halt. I was standing next to a dark blue mail post, staring at the busy crossed road junction ahead. Cars of all colours flew by me, blowing their horns at each other. The familiar city air rushed over me, the sweet scent of freshly baked bread danced on my senses, while the busy chatter of people filled my ears. I allowed my eyes to scan the crowd, and there she was, a mirror image of a younger me. Same brown long hair, same sharp blue eyes. Her eyes continued scanning her screen as her legs automatically carried her forward, towards the cross road.

This was it, I knew what I had to do. Twelve years of hard work all leads up to this one moment. As I took one step forward, a cold, unsettling chill ran down my back. A sharp piercing sound of a whistle rang through the air, striking fear into the very centre of my heart like a bullet.

‘Freeze!’ I froze. ‘Don’t move!’ I’m frozen.

The whistles kept blowing, but I knew that I was the only one who could hear them, the sirens. The authorities are here. Snapping out of it, I ran towards my goal, hands stretched out towards the brown haired girl. The ticking of the second clock hand echoed through my head, my heart caught in my throat. I was so close, my hand brushed against the bright blue fabric of her schoolbag. But, I was too late. My legs failed me once more as a sharp pain exploded on the back of my legs, bring me down. Markings from the harsh wooden stick head in the authority’s hands leaving unforgiving scars behind. Heavy breaths tickled my ear as I was pushed onto my knees.

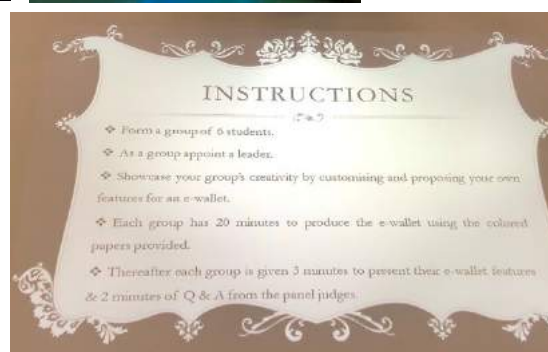
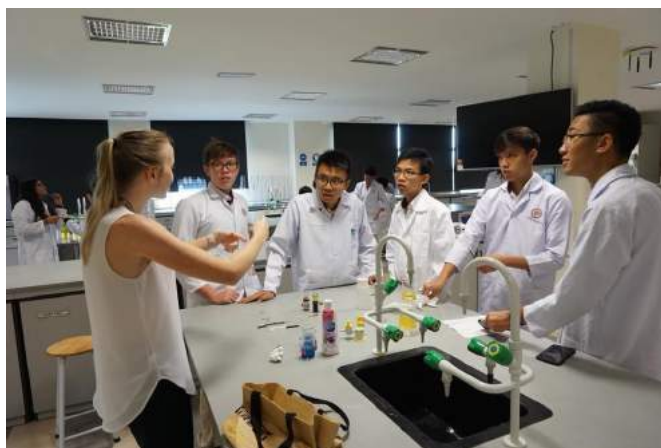
‘Stop! No! You don’t understand!’ I screamed and screamed, looking backwards and forwards. Another pain bloomed through my shoulder. My cheek hit the cold, hard, gravel ground, bruises slowly forming across my body. I was losing this fight.

My eyes travelled upwards, she was still walking, completely unaware of the commotion behind her. There was nothing I could do, nothing I could say that would make this right. A flash of bright light blinded me from the right. Time froze, everything stopped. It was happening again, and I’m falling again. Tyres screeched, a horrifying and bloodcurdling scream rang through the air. The browned hair girl flew through the air, her backpack landing right in front of my eyes. Her body fell, landing with a crash, the small grains and pebbles on the road dug mercilessly into her white, pale skin, drawing crimson red stains that left its mark on the earth.

A bloodcurdling, agonising scream crawled up my throat. I choked, turned my eyes away as the grip on my shoulders loosened. I’ve sacrificed everything, now, I have nothing left. Now, I’ll be returning to a still empty house, the ghost of my daughter haunting me forever.

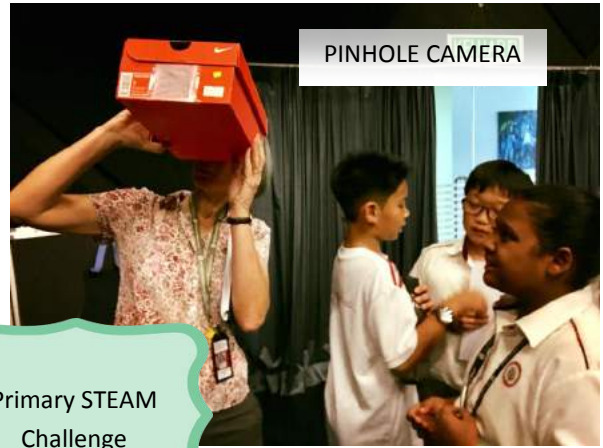


As part of STEAM Week, we organised Science, Maths and Business workshops for our Year 11 students. This is part of the school's initiative to ensure that our Year 11 students are supported during this time when they have to make important decisions in their lives.





WATER FILTER



PINHOLE CAMERA

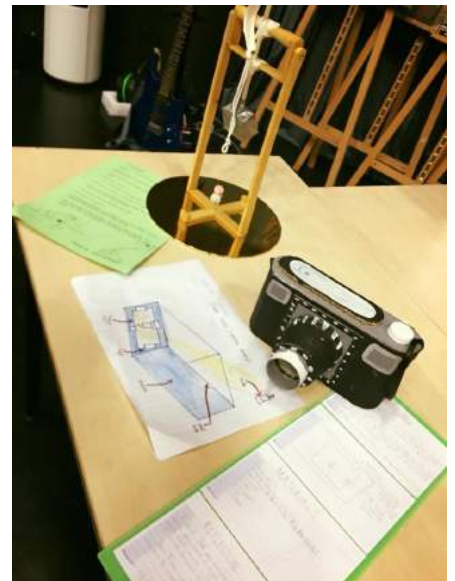
Primary STEAM Challenge



SOLAR COOKER



WHICH CARAVEL MADE IT ACROSS THE POOL THE FASTEST?



TREBUCHET





OUTDOOR
EXPERIMENTS





DESIGN
TECHNOLOGY
& ART EXPO



HOME GROWN IN HIS

In HIS, it's our strong belief to cultivate the love of lifelong learning, not just for our students but also our teachers. We value our teachers and care for their professional development. An empowered and fulfilled teacher is an effective and passionate teacher.

Ms Jill Kaur
Primary PE Teacher

I recall walking into HELP International School (HIS) on the very first day - everything was so fresh, so new and full of hope. I began as a teaching assistant (TA) in Year 1. Five years later, after completing the PGCEi course, I am now a teacher, specialising in Physical Education. It has been a journey of life, from planting a seed on barren land to watching the flowers bloom over the years. This is also how I have seen the children grow.

The holistic approach of education in HIS and my family background (in both education and sports) have strongly inspired me to pursue the adventure of the teaching profession. I was drawn to the enthusiasm, respect and good spirit in Physical Education. With my background in sports (Athletics and Ultimate Frisbee), I am able to encourage discipline, healthy competition and the joy of learning a sport to the students. Being involved in the Duke of Edinburgh's International Award (DOIE) has also inspired me that teaching can happen anytime and anywhere, for the most part - the progression of a student's work.

The various workshops, professional development courses and IPC work have contributed fairly to my professional growth as it has helped me become a more versatile and all-round teacher. HIS has been doing a great job inspiring the students to fulfil their full potential, to always stir curiosity and enquiry and to seize the day.

Ms Vicky Heng
Primary Mandarin Teacher and Second in Mandarin Department

I joined HIS since the school was first set up in January 2014. I was a teaching assistant for two years before I became a Primary Mandarin Teacher. I want to be an educator who is equipped with knowledge and skills to



"The teaching and learning environment at HIS allows teachers to grow beyond borders and to think outside the box."

~ Ms Jill

nurture the younger generation. I am currently completing my Masters in Education at HELP University.



“The professional development which takes place every Friday has equipped me to be a confident teacher.”

~ Ms Vicky

It was the school’s vision that attracted me to work in HIS. “Life is in all its fullness”- truly brings the message that education is not only about good results but also about exploring the many other talents that the children have.

So far, the teaching and learning environment for teachers in HIS has been very conducive in developing me to be a better educator. Being in the Mandarin Department, I am grateful for the wonderful teachers who have been so willing to share their ideas and teaching experiences with one another. From my colleagues, I have learnt strategies on classroom management and methodologies for the teaching of Chinese phonetics. My Head of Department is also another contributing factor in my professional growth as she has taught me to deal with the various challenges as a teacher.

In addition, the Primary Leadership Team has also been very helpful in giving me the feedback after lesson observations that have helped me to improve my teaching pedagogies. The teacher-buddy system also gives us an opportunity to learn from one another. It allows us to share good ideas and strategies. It has benefitted me especially as I am also able to observe how the other teachers deliver their lessons.

With the technology we have in school, I learnt how to effectively use the learning apps to enhance teaching and learning in class. Besides the technology integration, I have also benefitted with a range of teaching pedagogies and skills from other teachers during the professional development sessions.

Mr Tong Wen Hong **Secondary Maths Teacher and KS3 CCA Coordinator**

I joined HIS in July 2014. During the last few years, I had the opportunities to teach as a teaching assistant, to complete my PGCEi course, to become a ICT teacher and now as a Secondary Maths teacher.

One of my role models was my Maths teacher. In her own way, she illuminated my student life when I was on the brink of failing. So, in order to follow in her footsteps in helping students like me, I seized the opportunity to join HELP.

I think HIS enables teachers to have a lot of opportunities to grow professionally through continuous professional development (CPD) and training. I am grateful for the different trainings I have attended and I feel I still have much to learn from my fellow colleagues as well as teachers from other schools.



“It would be nice to be remembered as THE teacher that made a difference in a student’s life.”

~ Mr Tong

Ms Samante Wickramaratna
Primary Homeroom Teacher

I started in HIS in January 2014, as a teaching assistant for Year 5. I am grateful that I had 3 solid years as a teaching assistant in primary and in PE while completing my PGCEi from Nottingham University. Since September 2016, I have been a homeroom teacher for Year 5.

I have always been passionate about education. When I came back from the U.S., looking for a job in relation to my field of study (i.e. psychology) was a challenge. I was inspired by my good friend who is currently a teacher in HIS. We used to chat about work and she used to tell me stories in her classroom which not only inspired me but also encouraged me to pursue a career in education. To her, it was not a job but a vocation and a calling.

I heard about HELP International School through Mr Kenneth Phun, the then Head of Psychology at HELP University. He was the one who told me that Dr Gerard (our founding principal) was going to be heading the school. However, I submitted my friend's resume instead of my own resume. Under my friend's persistent persuasion, I finally sent in my resume and was interviewed by Dr Gerard. I am glad I seized the opportunity and that I am here now.

I am so blessed to be in a school that supports and encourages professional growth consistently. It has helped to equip me as a teacher. I am able to build connections with other teachers and to learn from their journey as professionals. Last but not least, it has empowered me to apply what I have learned in my classroom and to constantly improve and grow as an educator.



"I am so blessed to be in a school that supports and encourages professional growth consistently. It has helped to equip me as a teacher."

~ Ms Samante

Mr Shukri Hashim
Primary PE Teacher

I was a teaching assistant from 2014 to 2017. I finally completed my postgraduate diploma in teaching at the Open University in June 2017. And this year, I am a full-fledged physical education teacher.

I want to teach because I believe that teaching makes me a better person. It allows me to impart what I know with others and it also makes me more self-aware. Through teaching, I can make a difference in someone's life and that is a great responsibility to bear too. I like working with the younger primary children especially because I feel I am an integral part of their learning – from influencing the moulding of their character to teaching them basic skills. I feel very happy whenever I see how quickly a struggling child is able to pick up swimming in just one term. It is very rewarding to see your students making progress in their sport.

I like how the school supports professional development. The school places emphasis on cooperative and discovery learning. We are able to learn from one another in a positive and non-threatening environment.



"Through teaching, I can make a difference in someone's life and that is a great responsibility."

~ Mr Shukri

I am fortunate to have the support of my teammates in the PE department. We often share teaching and learning resources within our department. This has helped me greatly in my professional growth as a relatively young teacher. These informal professional sharing allows me to learn at my own pace, without feeling pressured or afraid of making mistakes. Very often, there is always someone to remind and guide me, whether in the area of discipline or on how to do things. Knowing that there is always someone you can rely on when you need guidance is very comforting.

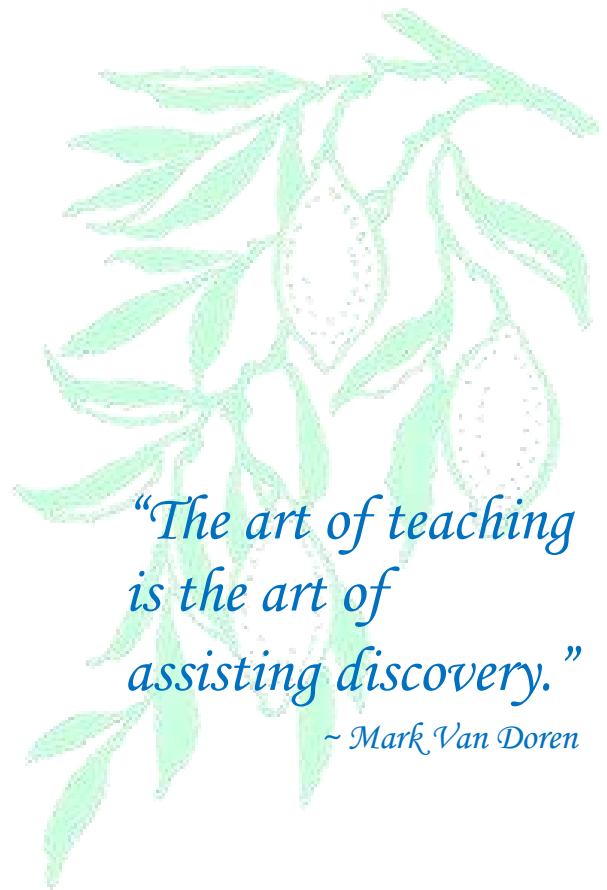
Ms Alissa Roslan
Secondary English Teacher

I have been in HIS for more than 4 years, joining since its inception in 2014. I was a teaching assistant until September 2107 when I started my new chapter as a teacher at HIS. I am currently completing my PGCEi course from Nottingham University.

I have always loved knowledge, and love spreading the joy of knowledge to others. My quirks include spouting random space or science facts to students (related to the topic at hand, of course). But it is watching those curious eyes widen in surprise at the idea of something so unexpected but true that inspired me to pursue further in the teaching profession. And having witnessed different teachers teach in different styles also showed me that knowledge can be taught in different ways.

Positivity seems to be a very big component in the teaching and learning environment for us here. The fact that everyone teaches each other and shares their knowledge, strategies, resources and good times were the contributing factors to my professional growth in HIS. In addition, aside from being able to choose my own CPD workshops, my fellow colleagues and seniors would sometimes offer me opportunities to teach and reflect on lessons; these were opportunities I eagerly seized and relished as I knew the experience will help me further my understanding of teaching.

While I would happily say that the professional development has equipped me quite well for my role, I must admit that there is still a lot to learn. Professional development has, can, and will always continue to help me with my role, but the true struggle lies in my determination, to strive to always be better than I am today, everyday.



*“The art of teaching
is the art of
assisting discovery.”*

~ Mark Van Doren



*“I have always loved
knowledge, and love
spreading the joy of
knowledge to others. .”*

~ Ms Alissa



WORLD BOOK DAY

March 1



CHARACTER
PARADE



BOOK
FAIR





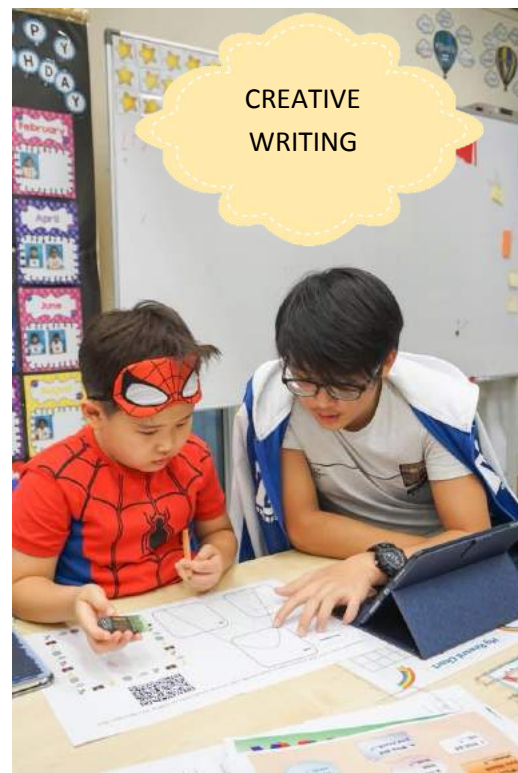
STORY
TELLING



TALKS &
WORKSHOPS



The Preschool to Year 8 students became super sleuths for the day as they work together to investigate what happens next in the story. A crime scene was set up in the foyer, and based on the clues, students had to work together to find an ending to the story.



“Not only did we dive into deeper depths of literacy, we also had the chance to get to know the Year 1s. I especially became friends with a little boy, too. Overall I feel that this is an experience worth revisiting. I do hope that we can have another session of this.” ~ Marie Tan, Year 7

“Spending the day with the Primary kids was an absolute dream since I love kids! They were all cooperative and courteous. We spent time helping them complete their stories and I was so delighted at the amount of creativity that the kids had with their very interesting story endings.” ~ Esther Ng, Year 8



“We were given the task to guide several primary students to write a creative mystery. I felt like a child once again, exploring the possibilities of a murder involving Humpty Dumpty. I felt so accomplished after the student under my care successfully completed his mystery story.”

~ Teioh Nuan Ning, Year 7



“I really enjoy the way how we can interact with younger children through writing. This caused our creative juices to be more open towards new ideas that we have never thought of before. This is really a thrilling experience for me.” ~ Germaine Soo, Year 7

“Being able to teach my partner and create a story gave me a sense of fulfilment. This invaluable experience painted a brief idea of a teacher’s challenging roles!” ~ Terrence Chan, Year 7

“It was intriguing to know and observe how the children in primary visualise their learning. The children in the class I taught were very focused on their task and were keen to know what happened in the crime scene. It was truly a wonderful and amazing experience.” ~ Alyssa Tong, Year 8



MILEPOST 1 (YEAR 1 & 2) SPORTS DAY

March 23







PRESCHOOL SPORTS DAY

March 22



Preschool Sports Day 2018







FIELD TRIPS & CCA ACTIVITIES

Year 8 Field Trip to Penang (organised by the Mandarin Dept)



International Mini Masterchef CCA welcomes Mr Herukh Jethwani, a restaurateur & owner of the Fierce Group of restaurants



Spanish Students Take Part in the Reading of Mario Vargas Llosa's Short Tale "Fonchito y la luna" (Fonchito and the Moon)

Organised by Aula Cervantes of Kuala Lumpur, HELP CAT College and the Embassy of Peru in Malaysia, this experience enabled the students to learn more about Peru and the Latin American world where Spanish language is used. The immersion experience they had was certainly a memorable one.



Year 3, 4, 5 and 6 Theatre Performance "A TALE THAT MUST BE TOLD: MACBETH"



Year 4 Field Trip to the Cartoon Museum, National Museum and Chan Che Shu Yuen Clan



Year 1 & 2 Field Trip to Kidzania



World Scholar's Cup 2018—Regional Round, Kuala Lumpur

Huge congratulations go to all our inspiring students— 20 teams (60 students) have made it through to the Global Rounds! There were 533 participants from 39 schools, and these are the breakdown results:

- ★ Our Junior teams received 6 Trophies, 41 Gold medals, and 72 Silver medals.
- ★ Our senior teams received 1 Trophy, 9 Gold and 29 Silver.



Visit to Ministry of International Trade and Industry (MITI)

Students were introduced to the services of the Ministry and learnt how economic trade talks are conducted. They were able to participate in a mock trade negotiation and got a front-seat view of the inner workings of the Ministry. Thank you to Yg Bhg. Datuk Seri J. Jayasiri (Sec Gen of MITI), YB Datuk Haji Ahmad Haji Maslan (Deputy Minister of MITI), Y. Bhg Datin Seri Yeoh Swee Lin and Puspanita MITI for hosting them.



ECO-SCHOOL UPDATE

ECO CODE COMPETITION

The HIS Eco-School committee would like to say thank you to all the participants who sent in an entry for the competition. We were really pleased to receive over 40 entries from the whole school. Last Monday, we had our HIS Eco committee meeting where the full Eco committee voted for their favorite Eco code. It was a difficult decision, hence we decided to combine several ideas to form our final Eco code.

Eco Code Winning Slogan:

"Every time we waste, we lose a piece of ourselves."

~ Ariz Ahmad Nazerim, 5 Yamanaka, Griffin

Eco Code Winning Logo (combination of 2):

~ Tan Yu Shen, 5 Newton, Phoenix

~ Dava Xi Gunananthan, 7 Renoir, Pegasus

The House results:

- 1st Griffin
- 2nd Pegasus
- 3rd Phoenix
- 4th Dragon

EARTH HOUR @ MARCH 24, 2018

Last Saturday, a few members of the Eco committee attended Sri Bestari's Earth Hour to show our support for strategies that will help solve the problem of global warming. Lights were turned off for an hour. It was an amazing event, not only had we carried out activities and performances in the dark, we also learned to how to make tote bags from used t-shirts. I feel it is a wonderful event and I'm hoping we can organise an Earth Hour event next year at HIS.

~ Carissa Tan Ying Xuan, Year 12

PROJECT PURPOSE NATURE WALK

There is no better way to be closer to nature than going for a nature walk in the forest. On Monday, several members of the Eco committee went on a small hike at the Kota Damansara Community Forest. Our leader, Tan Min Khian, guided us through the forest and explained about the landmarks, survival skills and biodiversity in the forest. Although we didn't reach the peak, it was still a very rewarding and satisfying experience.



SHARE YOUR ECO ACTIVITIES WITH US

What are you doing at home with your family and friends to show your commitment to reducing environmental waste?

<http://bit.ly/HISEcoSchoolCommunity>



Sports Teams in HIS



*We speak to Mr Mark Dawson,
Student Events and Sports Team
Coordinator to find out a little more
about the HIS sports teams and the
leagues they're competing in.*

In the early years of HIS, we focused our participation in two major competitions, **KLISS** (KL International School Sports) and **MSSD** (Majlis Sukan Sekolah Daerah). KLISS allowed our school to take part against eight other international schools in a variety of team sports, while MSSD gave our students chance to compete against both government and non-government schools in predominantly individual sports.

This academic year, we have strived to give our sports teams more fixtures than ever before by taking part in two additional leagues, **KLSL** (Kuala Lumpur Sports League) and **ISAKL** (International School Association of Kuala Lumpur). **By the end of Term 2, it is estimated that HIS would have already taken part in 142 fixtures / competitions across 10 different sports in the current academic year so far!**

In Terms 1 and 2, we have had fixtures across 10 different sports: Athletics, Badminton, Basketball, Benchball, Cross Country, Frisbee, Football, Netball, Swimming and Volleyball. As each sport is split into different age groups (such as Primary / Secondary, or U11 / U13 / U15 / O15), giving HIS a staggering 41 unique teams.

In this academic year, we have also expanded the number of teams on offer, adding Development teams for Boys Football at U9, U11, U13 and U15 level. This has given increased opportunities to students who may not have normally gotten the chance to represent HIS in sports.

This year, we have had a concerted effort to ensure that all teams train for at least two terms out of three wherever possible. The majority of teams will train in the term before their KLISS competition, and the term during their KLISS competition. This is to ensure that our teams are as prepared as possible when they go out to represent HIS. There are some sports and teams which train in all three terms (Football, Swimming, Netball, Frisbee, Rugby), however this is dependent on the availability of our sports facilities.

The majority of our students fall into the following age categories: U9 (Years 3 & 4), U11 (Y5 & 6), U13 (Y7 & 8), U15 (Y9 & 10), O15 (Y11+). There may be exceptions depending on the age and birth date of the student, which are checked by the teachers in charge of the teams.

There are more sports on offer than ever before at HIS across a wide assortment of different activities. It is my hope that one day HIS can reach a level where we are not only excelling in outside competitions, but that we can be a school where student participation in teams grows each year.

Lastly, having such a great deal of teams across a variety of different sports would not be possible if not for the hard work of teachers and external coaches. In 2017/18, 20 HIS staff across Primary and Secondary have given up their time to lead teams, and 7 external coaches have come into HIS to offer their expertise to our students. The medals and trophies we collect are a testament to the efforts of our students, teachers and coaches involved in Sports Teams at HIS.



In Term 3, we will add Cricket, Rugby and Tee Ball to the list of sports who will play fixtures; pushing us to 13 different sports on offer and almost 50 unique teams for our students to get involved with.

KLISS LEAGUE

- ★ BSKL
- ★ HIS
- ★ IGB
- ★ ISP
- ★ KTJ
- ★ Nexus
- ★ Taylor's KL
- ★ Taylor's Puchong
- ★ Tenby

KLSL LEAGUE

- ★ Asia Pacific International (APIS)
- ★ Beaconhouse
- ★ Fairview KL
- ★ Fairview Subang
- ★ HIS
- ★ KDU
- ★ Mutiara
- ★ Real International
- ★ St. Joseph's Institution
- ★ Taylor's KL
- ★ Taylor's Puchong
- ★ UCSI International

STUDENT CORNER

EXTERNAL STUDENT ACHIEVEMENTS

If you would like to share any external student achievements with us, please fill up the form found in the Google link:

<http://bit.ly/HISExternalAchievements>



GOH JIT WERN

(Year 5)

RHYTHMIC GYMNASTICS MSSS

28 February, Malaysia

Category: Pre Junior Under 10

- ★ 3 Silver
- ★ 1 Bronze

ELLIOT MURPHY (Year 7)

LOUIS GEORGE NORMAN-JONES

(Year 7)

BANGKOK INTERNATIONAL RUGBY TENS 2018

24-25 February, Thailand

Elliot and Louis both played in the KL Tigers team which won the U12 tournament against 10 teams from all over Asia.

- ★ Elliot - 2017/18 Under 12 Most Committed Player award
- ★ Louis - 2017/18 Under 12 Most Improved Player award



TRISTAN JOSHUA PAUL

(Year 8)

THE KUALA LUMPUR CUP 2018

4 March, Malaysia

Category: U14

- ★ KL Cup 2018 Bowl Champions



BILLY LEE YEE HENG

(Year 8)

THE KUALA LUMPUR CUP 2018

4 March, Malaysia

Category: U14

- ★ KL Cup 2018 Bowl Champions



SAMUEL AARON JAYASIRI

(Year 6)

KL INTERNATIONAL CUP

3 March, Malaysia

Category: U12

- ★ 3rd placing for Plate



VALENTINO TEW YAO SEAN (Year 10)

YAP XIN WEI (Year 10)

TAYLOR'S UNIVERSITY INTERSCHOOL DEBATING CHAMPIONSHIP 2018

5 March, Malaysia

Category: Open

★ 2nd place



**ANDREA WONG EE SYUEN
(Year 6)**

MSSD 2018 ATHLETICS

March, Malaysia

- ★ 100m - Gold
- ★ 200m - Silver

Andrea broke the record set in 2012 with a Personal Best (PB) time of 14.38s. She will be representing our district, Petaling Perdana at the MSSS 2018 in March.



**TEOH YU-EN
(Year 8)**

MSSD 2018 ATHLETICS

March, Malaysia

- ★ 400m - Gold

Yu-En has broken a 13-year old record with a Personal Best (PB) time of 67.81s. She will be representing our district, Petaling Perdana at the MSSS 2018 in March.



**CHEW HAN HING
(Year 10)**

MSSD 2018 ATHLETICS

March, Malaysia

- ★ 800m - Gold
- ★ 1500m - Gold
- ★ 3000m - Bronze

Han Ying will be representing our district, Petaling Perdana at the MSSS 2018 in March.



OH JOONWON (Year 7)

UCSI UNIVERSITY INTERNATIONAL PIANO FESTIVAL & COMPETITION 2018

25-26 March, Malaysia

Joonwon has made it to the semi finals, to be held at UCSI on 6-7 June.



**ZAIRA RAHMAN ABDULLAH
(Year 6)**

ICE DRAGONS CLASSIC 2018

28 February-8 March, Singapore

Category: Under-13

Zaira and her team from Jazura Juniors Malaysia won gold at South-East Asia's premier youth ice hockey tournament in Singapore recently. On route to the gold medal, Jazura Juniors defeated teams from Singapore, Thailand, Taiwan and Hong Kong.

This is the first Malaysian ice hockey club/team to win in any age category at the Singapore Ice Dragon Tournament.



24 FESTIVE DRUMS

3 March, Malaysia

Performs at:

- ★ Association of International Malaysian Schools (AIMS) 2018 conference
- ★ Bandar Utama 4 Residents Association 2018 Chinese New Year Celebration

Chong Wyn-Nash (Y4), Choo Jan Tzen (Y5), Daniel Teoh Nian Chen (Y7), Ghayathiri Rajapandiyan (Y4), Ian Chow Hou Nam (Y6), Jadenn Sivakumar (Y8), Jonathan Tan (Y5), Katina Lee (Y10), Kavin Singh Parhar (Y5), Leia Ong (Y5), Lim Cheng Zhao (Y4), Lim Eleanor (Y10), Lim Hui Wern (Y5), Natalee Ngow (Y5), Oliver Soh (Y5), Stella Fang Xuan (Y4), Tan Jin Thong (Y10), Tan Ming Rui (Y5), Vanessa Chew (Y10), Wee Yuan Jie (Y4), Wong Eu Wen (Y10), Yan Kai Yu (Y8), Yap Ji Wen (Y4), Yap Jo Chen (Y3), Yap Jo Shin (Y3)



Choo Jan Tzen (Y5)
 Claire Tee Ning Marn (Y2)
 Ian Chow Hou Nam (Y6)
 Jayden Chan Jia Yang (Y5)
 Kate Tee Kai Marn (Y6)
 Tan Ming Rui (Y5)
 Terrence Chan Jia Le (Y7)

February/March, Malaysia

Performing as part of the Ann Perreau's Music School ensemble at:

- ★ Citta Mall CNY celebrations
- ★ Bandar Utama 4 Residents Association 2018 Chinese New Year Celebration



Lim Cheng Yuan (Y1)
 Lim Cheng Zhao (Y4)
 Lim Hui Wern (Y5)

3 March, Malaysia

Performing as part of the Julliad Music choir at:

- ★ Bandar Utama 4 Residents Association 2018 Chinese New Year Celebration