

Newsletter

HELP INTERNATIONAL SCHOOL

Issue: 2018 / December



Happy Holidays



Featured Within:

**MUSIC
CONCERT**

**HIStalks
PUBLIC
SPEAKING**

**KINDNESS
WEEK**



Cover:
Celebrating festive cheer in HIS.
"Merry Christmas and Happy
Holidays!"

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PRINCIPAL'S MESSAGE



It has been such an eventful term, not least because we have been furthering the school in terms of recognition and accreditation, as well as appointing a new Principal.

Our first achievement was a second round of **Common Sense Education** certification and we were shortlisted, along with seven other schools around the world for the **Times Education Supplement's International School of the Year** award. I am honoured to be attending the award ceremony in London in February and, while it would be wonderful to be named winners, it doesn't really matter. Making the shortlist is a great achievement and another example of how we are making HELP International School a force in Malaysian and global education, as well as helping to put Malaysia at the forefront of international education. I also have the privilege this month of collecting the **Eco-Schools Silver Award** gained last term and this is the culmination of the conference attended by our student leadership from the Eco-Schools committee.

Next term we look towards our second round of **Apple Distinguished School** certification. We were fortunate to be selected to represent Malaysia at the Apple Global Summit in Chicago, making us one of four hundred schools around the world with this unique status. It really has been a momentous year and next term, we will be representing HIS at the Apple's Leadership Summit in Singapore, hosted at the Canadian International School. We will also be running the second round of the **Cambridge PDQ Award**, which we piloted in April this year.

Our students continue to perform at the highest levels and truly embrace the school's philosophy of 'Life in all its Fullness' in a global context. Our young sportsmen and sportswomen are performing in competitions within and outside Malaysia and are achieving great success.

Next term, students will be taking part in FOBISIA events which will give them the opportunity to compete with international students across the ASEAN region. We again sent students to the World Scholar's Cup event in Yale and very recently some of our HELPIans participated in the Asian Schools British Parliamentary Championship 2018, in Beijing. For the third year in a row I attended the Outstanding Cambridge Learner Awards Ceremony to see two of our students pick up certificates for 'Top in Malaysia' and 'Top in the World'.



Ms Davina with Chan Ze Ming (Top in World, Psychology) and Loh Nicole (Top in Malaysia, Art & Design)

It is wonderful to have this success but, equally, at school level I see many of our students competing, achieving and creating every day. In particular, I wish to commend three of our Cinematic Club CCA members who have been creating some amazing short films which reflect our school community. In a way, the best legacy we can pass on is the amazing talent and creativity of our students. I would like to wish our students the best for their mock exams next term and all success in their academic endeavours as they prepare for their final exams.

I am incredibly proud of all the charity work and sponsorship that HIS has undertaken over the last five years, particularly of the relationship we have had with the Dignity for Children Foundation. This term, their students took part in CAT4 testing at our school, generously donated by GL Assessment. They attended HIsTalks, our House public speaking competition, and I recently visited to make a book donation. It is so good that, in their twentieth year, Dignity are receiving recognition for the work they do and HIS is really happy to be, in a small way, part of that journey.

We also carried out a review this term of our SEN (Special Educational Needs) provision. I felt that it was important after five years to take a snapshot of where we are at. We began our journey as an inclusive school and, as the numbers grew, this has proved to be an area with plenty of challenges. However, having taken this opportunity, it was quite wonderful to hear the individual stories of our students and their families and to celebrate how far we have come. In January we have a new, highly experienced, SEN Coordinator joining us and I will be working very closely with her for the next phase.

Over the Christmas holiday and following through in the next two terms, there will be some renovation work happening around the school. The main project is the conversion of two Art rooms into additional Science labs. Primary Art remains the same but Secondary Art becomes part of the Design Arts Department. We will keep you updated on any work around the school and reinvestment in the school's facilities and I would like to apologise for any inconvenience caused in the short term.

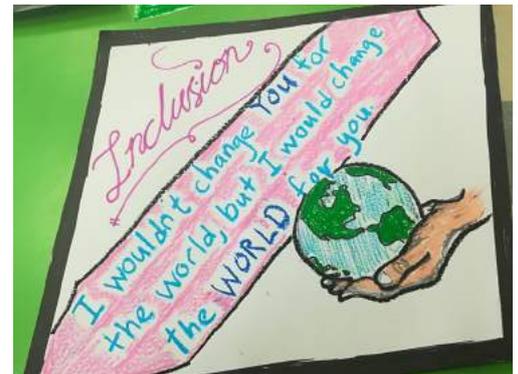
I would like to wish everyone happy holidays and safe travels. Keep healthy! As we see out the old year, I would like to say thank you to the staff and students who are moving on to new challenges, and welcome new students, parents and staff joining us in January. I warmly welcome back Dr Gerard and wish a fond farewell to Dr Goh who will be very much missed.

Happy Christmas and New Year and have a great 2019!

Vita Ad Plenitudinem
Ms Davina McCarthy



“In a way, the best legacy we can pass on is the amazing talent and creativity of our students.”



Parent artwork, from the 'Express Yourself' workshop with Ms Nisha celebrating inclusion at HIS



Students from the Dignity School just after sitting for their CAT4 assessment

PASSING THE BATON & COMING FULL CIRCLE

In mid-October this year, Dr Goh Chee Leong announced that, having been part of the HELP Education Group for 20 years, he will be stepping down from his role as the CEO of HELP Education Services (HES) at the end of January 2019. His current position will be succeeded by Dr Gerard Louis, our beloved Founding Principal of HELP International School.

While Dr Goh moves on to a new chapter in his career, Dr Gerard who operated out of Sydney, is back in Kuala Lumpur permanently. Both incoming and outgoing CEOs have been working closely since November to ensure a smooth transition.

We spoke to both passionate educators who are also friends and colleagues for 18 years about their vision for HIS in the next five years.



First of all, Dr Goh and Dr Gerard, how did you know each other?

Dr Goh: 18 years ago, Gerry was the first staff I recruited for HELP University’s Psychology Programme. Since the very beginning, students and colleagues have connected with Gerry in a special way. During his 16 years with the university, Gerry lectured in courses in counselling and psychology and was the founding Director of CAREERsense@HELP, the established our Masters in Counseling Programme. In 2014, Gerry was invited back by our Board to serve as the Founding Principal of HIS which is a testimony to the trust and faith we have in him, and the rest, as they say, is history.



Dr Gerard, how do you see your new role as the CEO of HES?

Dr Gerard: It is not going to be very much different and let me tell you why. When I was the Founding Principal, my predecessor (Dr Goh) worked and collaborated with me as a CEO to build the school, he supported and challenged me and it was basically a collaboration. The role that I undertake now is essentially the same as what Dr Goh was to me – a collaborator, supporter, coach and mentor. I will assume the role with our principals and leadership teams in all the schools that HELP manages.

Dr Goh, in reflecting on the last 5 years, what do you see as the key HIS accomplishments?

Dr Goh: From the very beginning the HIS story has been an extraordinary tale of success. There are lots of milestones I can cite as examples of this: our 5-star SKIPS accreditation which no other school in the history of Malaysian education has received in just its 2nd year of operations, the Apple Distinguished School status, recognition from Cambridge and Fieldworks Education (IPC), winning the Silver Award as an Eco-School, being shortlisted for the Times Education Supplement’s International School of the Year award and the fact that we are the fastest growing school in Malaysian history. All these are testament to the strong leadership, quality of teachers and staff we have, and the trust that the parents have in us. But for me, more important than anything else, is seeing the excitement, joy and energy in our students, whenever I walk around the

school. Seeing that we have enlarged their world and enriched their lives by making education a joyful experience means more to me than any accolade.

Over the years, we have also nurtured a unique culture – the aspirational culture. I am proud that because of the growth mindset imbued by this culture, we are always trying and striving for improvements in all that we do.

Dr Gerard: Yes, growth mindset is the key word. In keeping with the concept of growth mindset and the idea of striving to be better, there isn't any one specific thing you do at any one point but an accumulation of things that you do every day. In the next few years, we will continue to look at various areas, big or small, to do better.

In the next 5 years, we will work towards changes in the way we relate to one another, to find ways to be kinder and gentler to one another. We hope to see changes in our students when they graduate in areas related to career mastery, to help them become informed in making choices regarding the kinds of institutions they choose or get admitted into. We certainly hope to see our teachers striving to become better at their craft and developing approaches to learning that are innovative, collaborative and in-tuned with the constant changes happening in the world. We hope to become more mindful and intentional in all the things we do related to being a learning organisation. All these are part of the growth mindset.

I will be inviting my colleagues to look at every facet of the school because the growth mindset assumes that we cannot just be happy with the achievements we have but we need to consider the next step of our journey towards our destination. Personalities come and go but what is set in place is the momentum. It keeps us at being better and different, and not just for the sake of it but to ensure that our students are career and future ready when they leave us.

At the end of the day, it must be for the students whom we have built the school for. We hope that they come away being different and better persons from when they first came to us.

What challenges do both of you foresee we will face in the near future?

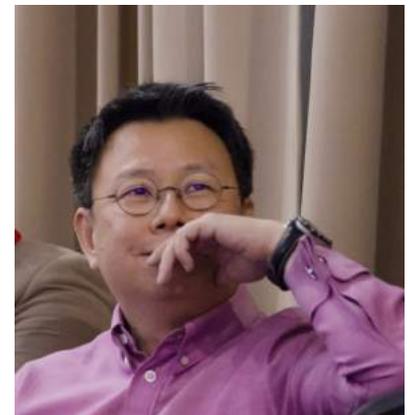
Dr Goh: The world is entering into a period of history characterised by unprecedented speed of change. We talk about the 4th (and 5th) industrial revolutions, the advancement of AI (artificial intelligence), the birth of A-Gen (The Analytics Generation). The world is changing. Education cannot be left behind. The next challenge is to evolve. Quickly.

Our challenge is to ensure that the educational experience offered in HIS stays relevant and meaningful for children in a very different context. It is also important to ensure that teachers continue to keep up with changing signs and knowledge bases.

Dr Gerard: Learning organisations, as compared to other businesses, are always slower because by nature, curriculum and syllabi take a long time to change. But our kids are constantly interacting with the environment whether or not the curriculum and syllabi are ready for that change.

The challenge of a learning organisation is to understand the context and constantly keep your pulse on the changes so that whatever we design prepares our students for a future that is volatile, disruptive, uncertain, and ambiguous. As graduates of our institution, they should be able to influence and be the creators of this uncertain future. They will therefore have to be confident and comfortable enough to deal with whatever challenges that will come by the time they leave the school. There must be something in what we do everyday in our interactions in and outside the classroom that must drive that. The school must be an incubator to that kind of thinking and behavior.

I believe one way of coping with future challenges involves learning from the past. One must always appreciate the past otherwise you will never learn from the lessons of history nor appreciate history. We are, after all, a product of the past but we must remember we are not determined by our past. We must learn from it and charge forward with passion and confidence.



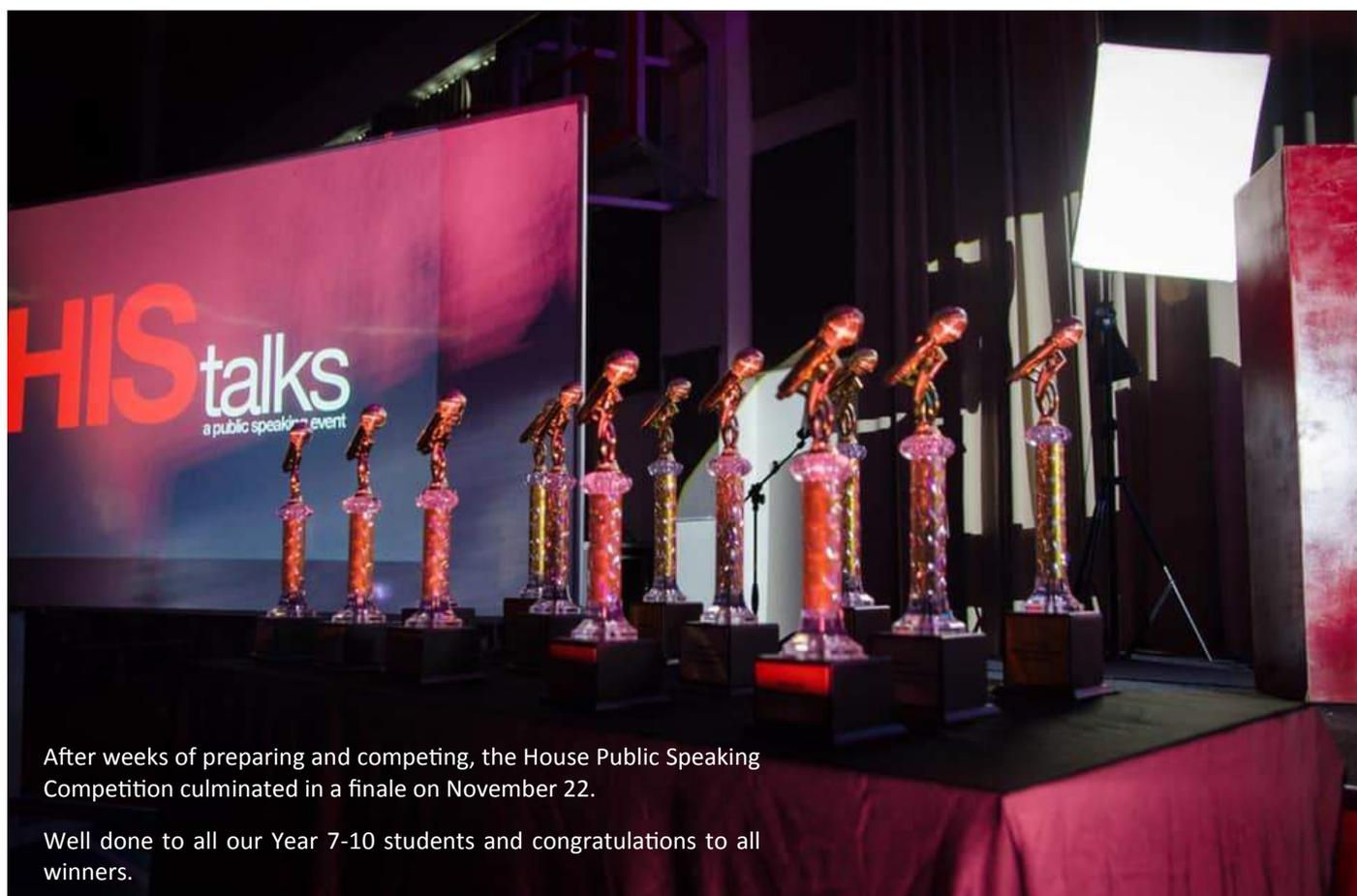
“It has been an absolute joy to see how our students have celebrated life in all its fullness in HIS. Though HIS is only 5 years old, it has achieved some remarkable accomplishments and I am very happy to be part of this journey with the school. I would like to thank all our students, families and staff for being the driving force of what we do at HIS. Thank you for making my time at HIS memorable and extraordinary.”

~ Dr Goh Chee Leong

Dr Goh Chee Leong was the founding CEO of HELP International School (HIS), KL, and Crescendo-HELP International School (CHIS), JB; as well as the Chairperson of Tunku Putra School EXCO Committee in Kuching. Our school community wish to thank Dr Goh for his many years of faithful service and wishes him the very best as he embarks on a new adventure and impacts more young lives.

HIStalks 2018

House Public Speaking Competition



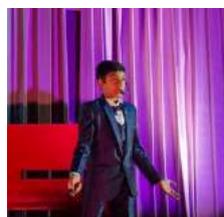
After weeks of preparing and competing, the House Public Speaking Competition culminated in a finale on November 22.

Well done to all our Year 7-10 students and congratulations to all winners.



Year 7

- 1st place Rayhaan Abraham (7 Picasso, Griffin)
"Adaptability"
- 2nd place Isaac Lim Wei Zhong (7 Michelangelo, Pegasus)
"Adaptability"
- 3rd place Arunkathirvel Shanmugasundaram
(7 Rembrandt, Phoenix) "A Balanced Diet"





Year 8

- 1st place Puteri Sofea Iman Razalee (8 Morrison, Pegasus)
"How to Look Smart"
- 2nd place Teoh Nian Chen, Daniel (8 Mo Yan, Pegasus)
"The Power of Words"
- 3rd place Naomi Tee Xuanbei (8 Lee, Dragon)
"Effective Communication"



Year 9

- 1st place Elizabeth Lim Tze Li (9 Mangeshkar, Pegasus)
"First Things First"
- 2nd place Ong Joo Hann (9 Chopin, Phoenix)
"Life's Lessons in Video Games"
- 3rd place Adelyne Chan Wye Xin (9 Mozart, Phoenix)
"To Be or Not To Be"



Year 10

- 1st place Anandita Abraham (10 Kuok, Griffin)
"The Hardest Battle"
- 2nd place Puteri Nadia Iman Razalee (10 Buffett, Pegasus)
"Twilight Years"
- 3rd place Kayleigh Marie Yule (10 Winfrey, Phoenix)
"Should the Disney Princesses be the Role Models of Young Boys and Girls?"
- AND Harris Adri (10 Winfrey, Pegasus)
"The 3 Stages of Boyhood"



WSC Tournament of Champions

The 24 scholars who attended the World Scholar's Cup Tournament of Champions in Yale from 16-21 November 2018 had a wonderful and enriching experience, joining over 4,000 scholars from 58 countries. From the sudden snow that greeted them when they arrived at New Haven to the snow fights and huddling together whilst attempting the various challenges in the Scavenge Hunt, the scholars also had the opportunity to meet 2 of the mascots - alpacas Painted Warrior and Sandstorm.

Our scholars did amazingly well at the tournament. As with the previous rounds, students had to compete across four events: Team Debate, Collaborative Writing, Scholars Challenge, and Scholars Bowl. The events tested the scholars' understanding and mastery of six different subjects: Arts & Music, History, Literature, Science & Technology, Social Studies, and Relationships. The theme of the subjects this year was "An Entangled World."

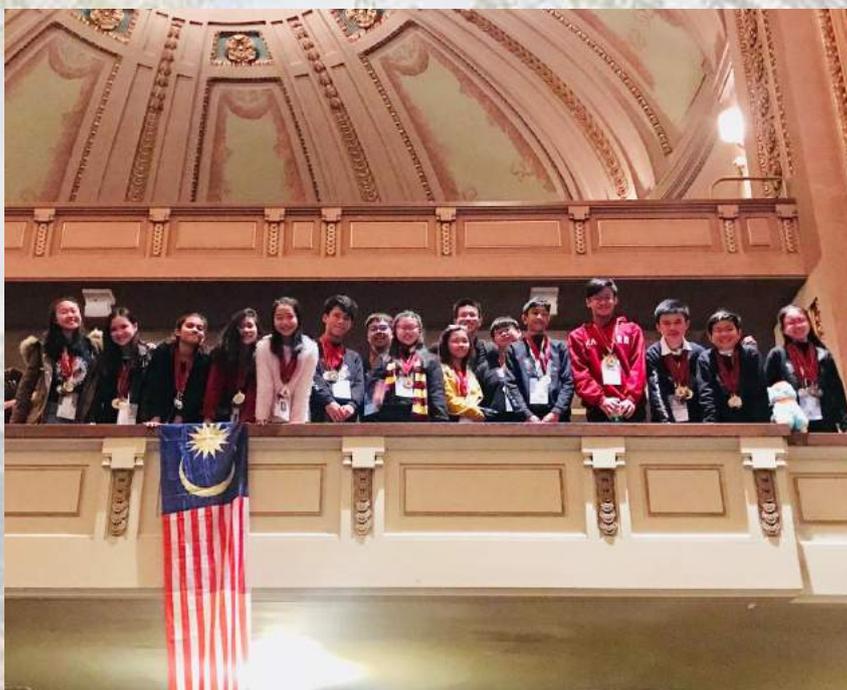
Our Senior Scholar Julia Oh came out Top for the Arts Challenge.

Out of over 300 Senior teams, the HIS Senior Team comprising Amanda, Terence and Li Yen emerged 74th overall, while the Senior Team comprising Ashley, Sarah and Julia emerged 84th overall.

Out of over 400 Junior teams, the HIS Junior Team comprising Melissa, Esther and Han Xheng emerged 82nd overall in the tournament.

Well done to all scholars, and thank you to all the teachers who played a part in this journey.

Yale University New Haven, Connecticut USA





Medal tally

Seniors: 16 gold medals and 31 silver medals

Juniors: 22 gold medals and 33 silver medals

The scholars split into senior and junior category were:

Seniors

1. Amanda Lim Yann Yi
2. Ashley Kow Wei Jan
3. Claire Sim J-Yi
4. Hannah Sufia Zuraimi
5. Julia Oh Pin Li
6. Linus Theo Dengah
7. Sarah Danisha Louis
8. Terence Ong Teck Yew
9. Tio Li Yen

Juniors

1. Chew Han Xheng
2. Chew Yu Xuan
3. Divyesh Shurish
4. Esther Ng Yi Ke
5. Ethan Qi-Rong Dunn
6. Lee Jye Yi
7. Lennard Fredric Bataican Boholst
8. Lucas Lim Kit
9. Melissa Lam Jia Ern
10. Cheng Zhe Rong (Melody)
11. Natasha Sze Ann Yeoh
12. Teioh Nuan Ning
13. Tio Eu Jien
14. Wan Khaleesya Zahraa Wan Murdzaffa

Over the last 10 months we have witnessed how these students have grown in confidence, in knowledge, in speaking in public and in collaborating with others. WSC truly is a great opportunity to hone many soft skills that are so vital in today's entangled world. Even as we bask in the glow of our achievements this year, our eyes now turn to the 2019 season of WSC, which will focus on the theme: "A World on the Margins." Training has already started for the new intake of scholars, and we expect to see them raise HELP's reputation to new heights. Onwards!

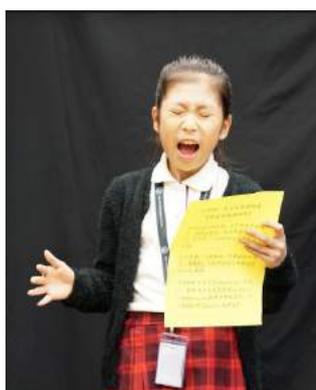


HIS PRIMARY STORYTELLING COMPETITION



HIS Primary Team recently organised a storytelling competition for all Year 3–6 students, with a focus theme of “The Environment”.

When children learn the craft of storytelling, their imagination and curiosity are inspired. They connect with the stories they read in different ways — walking in the shoes of the characters, embarking on new adventures in faraway lands, breathing in the sights and sounds that the writer imagined.



Well done to all participants, and congratulations to the winners:

Bahasa Malaysia: Year 6

Richard Minghan Hui 6 Borlaug

Bahasa Malaysia: Year 5

Ikmal Ilya Rashid Ikmal Nizam 5 Newton

English: Milepost 3

Benjamin Lim Zhe Chuen 5 Zhenning

English: Milepost 2

Song Gunho 4 Hypatia

Mandarin: Year 6

Liew Zent G 6 Hopper

Mandarin: Year 5

Choi Youl (Tiffany) 5 Yamanaka

Mandarin: Milepost 2

Mar Kai Qian (Queeniesha) 4 Anscombe

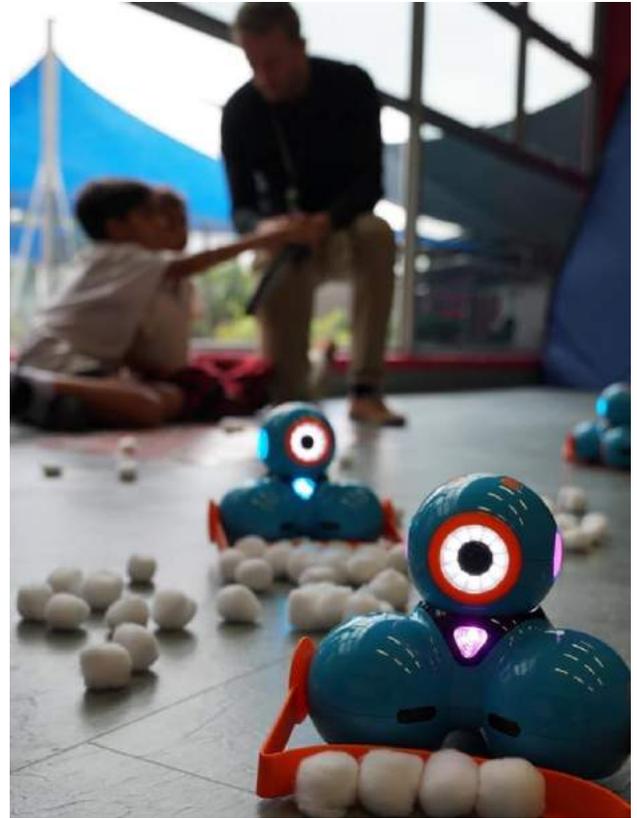
COMPUTER SCIENCE EDUCATION WEEK

Students and teachers have been involved in exciting activities to celebrate Computer Science Education Week, an annual event held in recognition of computing pioneer, Admiral Grace Hopper.

Students were busy exploring, creating and coding across the school with competitions for Primary and Secondary students using iPads to create code to control connected devices like Dash and Sphero.

The week also saw students in Year 2 and 3 getting an introduction to the type of activities that our new creative Maker Space on Level 1 will offer primary students. Students got hands-on with iPads to control Dash, got interactive with Lego WeDo creating a snail that they programmed to glow and flash, and they used Coding with Awbie from Osmo taking a tactile approach to programming.

Currently referred to as our Maker Space, the new centre on Level 1 will be officially launched in Term 2. The facility supports the 'maker movement', which is to inspire creativity and computational thinking. It is equipped with 3D Printers, Greenscreen, tools and resources to make prototypes of products and ideas, embroidery machines and much more. We are excited for our students to experience all this learning next term!



1 day, 30 cities and 1,000 children!

The Global Children's Designathon Malaysia 2018 took place on November 3 at HIS. 40 children aged between 6 and 12 years old, from diverse backgrounds, including 2 student refugee teams took part in the workshop.

The theme of the 2018 Global Children's Designathon was Sustainable Development Goal #15: Life on Land. The children developed amazing ideas to solve rainforest deforestation issue in Malaysia and presented their ideas to our expert panelists: Nambee Ragavan (SP Setia Foundation), Marina Danker (Green Peace Foundation), Lee Jun-Elle (Design Thinking Coach), and Clare Walker (CEO FINCO Malaysia).

The children also had an amazing opportunity to meet their friends from India through live conferencing. It was an amazing day to have our young inventors shared their ideas to make the world a better day.



GLOBAL Designathon 2018

Children's



A day dedicated to celebrating what the world could be like when children design better futures using new technologies

OPTIONS EVENING **9** YEARS **& 11**

Choosing subject options can be bewildering for many students so an Options Evening was held to help the students and families in this process. Students attended talks by Mr Mark Jones (Deputy Principal) and Mr Paul Lau (Assistant Principal) to understand both the IGCSE and A-Level subject choices and pathways respectively. Booths were set up with teachers and student volunteers on hand to give explanation to the families.





THE UNIVERSITY APPLICATION PROCESS

The A-Level programme at HIS is designed to prepare students to enter top universities in the world and to empower students to be exceptional leaders in their professions and communities.

To prepare our students, they are encouraged to research on universities and courses based on their interests and ambitions. University guidance is available through an online portal called Bridge-U, where students can easily research and find university matches based on their individual profile.

GUIDANCE ON PREPARATION OF PERSONAL STATEMENT (BRITISH UNIVERSITIES) OR PERSONAL ESSAY (AMERICAN UNIVERSITIES)

Coaches are on hand to advise students on how to write an effective personal statement or personal essay for different countries. For universities that require face-to-face interviews (such as University of Oxford, University of Cambridge and medicine courses), mock interview sessions are arranged to equip our students with the right interview skills.

The entrance to university is a milestone in our students' lives, we are proud to stand with them as they embark on this part of their life journey.

We are so proud to share that three of our Year 13 students were recently invited to Cambridge University for interviews in December.

✍



As a follow up to Options Evening, Year 11s had an assembly to hear from Year 12s on their subject choices and decisions. Students got to hear first-hand experiences of the process some of the Year 12 students went through before deciding on pursuing the A-Level programme at HIS.



The mock interview was helpful as I got to experience the university interview process (for Medicine). I gained tips and insights into how universities assess their applicants. Most importantly, it helped prepare me mentally for my upcoming interview in UK.

~ Ler An Jie (Year 13)





MUSIC CONCERT

Once again, our annual Music Concert did not disappoint. Students displayed their versatility in singing, dancing and playing instruments with solo or group performances. Thank you to our Music teachers for supporting them.







CHRISTMAS FESTIVITIES AT HIS



Excitement was in the air as the whole school looked forward to the end of term and the festive holidays.

We had a wonderful time this morning as our students and teachers performed at a special assembly. Much laughter was heard, and smiles seen as we enjoyed the company of each other and celebrated the talents of our students. Don't forget to check out our Facebook for a video of our teachers' flash mob!

Students, teachers and staff were dressed up in Christmas colours, especially green to raise funds for the Eco-School initiatives.

As we come to the end of this term, we are grateful for our HIS family. May we have a blessed Christmas and a joyful holiday with friends and loved ones.

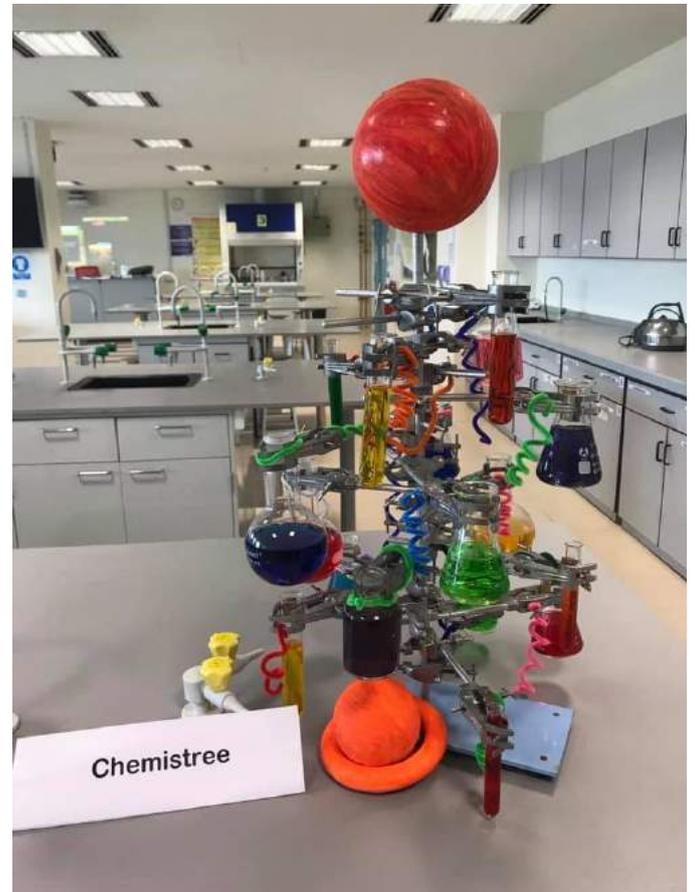


It's a GREEN Christmas at HIS!

In continuance of our conservation efforts as an Eco-School, this Christmas we went green.

Students and teachers made really cute and creative Christmas deco with recycled materials. Our Christmas tree was loving decorated with recycled or homemade baubles. Our Science Department even made their very own 'Chemistree' - too cool for school!!

In the spirit of giving, this year HIS supports the Jumble Station, a non-profit organisation devoted to improving the welfare of economically disadvantaged single parents and legal guardians. We thank you all for your generous donations of pre-loved clothes, which will be sold by the Jumble Station with the proceeds bringing a little festive cheer to another family.



ECO-SCHOOLS: committed to **ZERO WASTE**

Written by:

Harishni Sivanasen (10 Buffett), Kanisha Anbalagan (10 Ka-Shing), Ng Sze Chuen (10 Zhang Xin), Chantelle Lee (12 Sagan)

The HIS Eco-Schools Committee has been making leaps and bounds in their commitment towards various educational projects as they work towards earning the coveted Green Flag.

This past week, Ms Davina along with Ms Samante and various students from the Eco-Schools committee, were in Sungkai, Perak attending the 7th Annual WWF International Eco-Schools Conference (IESC) celebrating 'Water, the Source of Life'. Along with the opportunity to engage with other like-minded people to gain an understanding about our responsibilities to reduce water pollution, the team was most proud to achieve the Eco-Schools Silver Award for environmental excellence in education.

In school, educational activities are ongoing – both within the student body as well as to the wider HIS community of teachers, staff and parents. This year, the school as a whole, has chosen to focus on Zero Hunger (SDG 2). In addition to the #MYCleanPlate challenge during International Day, the A-Level students undertook the task to reduce food waste in the school as part of their Project Purpose. Students pitched their ideas a la 'Shark Tank' style, based on the American TV series where budding entrepreneurs get the chance to create their dreams into reality. The winners of this challenge were So Zhao-Qi, Laura Hong, Teh Nian Yii, Faith Teh, Kathryn Lee and Rebecca Chow.

Their project comprised of three parts: (1) signs to raise awareness and increase communication, (2) reduced food portion to ensure students are not given more than they can consume, and (3) a feedback board to increase community involvement in the efforts of reducing food waste. Their objective was to reduce weekly food wastage on a long-term basis, to increase communication between canteen staff and students and lastly to increase student involvement in the efforts of reducing food waste.



Here, we speak to the winning team along with Mr Paul, who led the Project Purpose programme, and Hooi Cheen Teng, a Year 10 student.

Mr Paul, what inspired you to create this project?

I was aware of how big the problem of food waste was in school, and I thought it would be great to get the best minds, our Year 11 and A-Level students, to sit together and work as a team to create a solution.

Shark Tank Winners, what were your challenges when designing this plan?

We wanted to find the root cause that made students waste their food, hence we undertook a survey to understand why food was thrown. The main challenge was not to implement a solution that will address food waste for only short term. As big projects were generally less feasible, we identified smaller solutions that will make a larger difference in the long run.

The project should be easily executable, however its success will depend on how the various different parties (students, teachers/staff, and canteen team) commit to the cause and keep it going.

Cheen Teng, as a student what do you see as the major issue causing food waste in the school and how do you think it can be overcome?

Some students may not finish their food because they are picky eaters and don't like certain foods. In addition, students may leave their food to play with their friends. Perhaps instead of pre-plating food, we should allow students to scoop their preferred food instead being forced to eat food they don't like. They could then take what they like and the portion that will suit them. Compost machines would be great as the composted food waste can be used in the Primary School's garden. We also get to teach the younger students the process of composting and awareness about food waste.

Overall, we believe that Project Purpose was an amazing experience for both staff and students. We hope that in the future we see more projects like these to help the school combat various school community issues.



every time we waste, we lose a piece of ourselves

Doing every little bit counts.

Plastic straws and other single-use plastics are a non-essential part of our life. Yet, they cause so much damage to the environment. The simplest way to reduce plastic pollution is to reject the use of single-use plastics, like straws.

So, let this be the last straw! With HIS celebrating a Green Christmas this year, eco-friendly straws (metal straw with a brush) were on sale at school.



The Ramayana is an ancient Sanskrit epic which follows Prince Rama's quest to rescue his beloved wife Sita from the clutches of the demon king, Ravana. Often told as the story of Deepavali, It is a story of honour and courage, of light and darkness, of good and evil.

ramayana

Junior Drama CCA Club worked hard this term on their acting skills, with many also doubling up to work on set design and helping out backstage.

Their efforts were well rewarded with an impressive performance for their parents and peers.



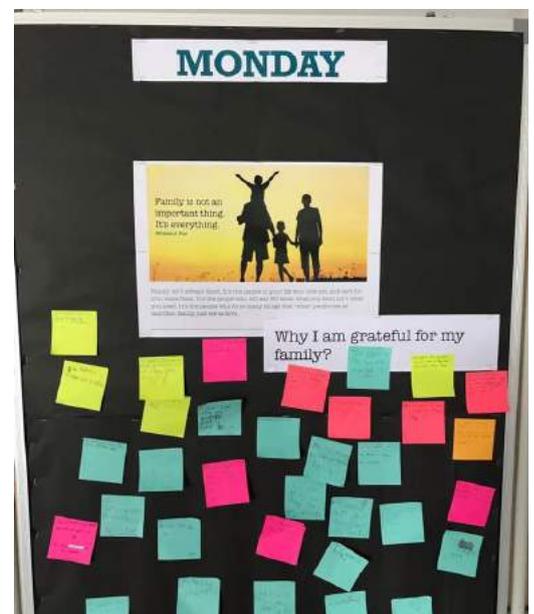
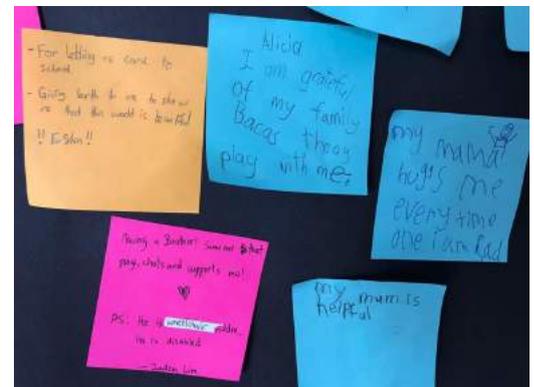
ANTI-BULLYING KINDNESS GRATITUDE

WEEK OF



Our annual week of anti-bullying, gratitude and kindness provides the opportunity to unite the wider HIS community through kindness. Students are reminded to take stock of things to be grateful for, to celebrate how small random acts of kindness can make a big difference, and to respect individual difference and foster positive relationships.

GOLD (Generating Opportunities for Learning Disabled) Association set up a booth and sold their famous Kindness Cookies alongside mugs, t-shirts and notebooks. We are happy to announce that **RM7,351.00** was raised for the GOLD Association.





In a world where you can be anything



In a world where often self worth is dictated by what others think of you, it's so important that students learn to be brave, courageous and kind to themselves.

Watch this powerful video, a collaboration between the HIS Cinematic Club CCA and the counselling department.

http://bit.ly/HIS_KindnessVideo2018



Celebrated on November 20 each year, Universal Children’s Day serves to promote international togetherness, awareness among children worldwide, and improving children's welfare.

The students concentrated on 'Article 31 - Every child has the right to relax and play and take part in a wide range of cultural and



artistic activities', and reinforced the learning by playing traditional games from their home countries.

This year’s theme was blue – HIS supported the #goblue campaign in Malaysia, and our students celebrated their rights to education, safety, and looked forward to fulfilling their potential as global citizens of the future.



LEARNING outside the classroom



Year 8 IMYC 3-day trip to **Singapore**. A collaboration between the Mandarin and Science Department, students undertook a variety of science, and cultural activities.



The Year 4s at the **Sunway Wildlife Park**, reaffirming learning about their IPC unit, 'Land, Sea and Sky'.

Year 13 Biology and Chemistry Field Trip to the **International Medical University (IMU)** to gain some hands-on experience with laboratory equipment and molecular techniques involved in genetic technology.



Year 3 students visited **Rumah Penghulu Abu Seman**, one of the oldest surviving traditional Malay houses in the country for their IPC unit 'Do You Live Around Here?'



Year 5s at **Padang Kemunting Turtle Management Centre, Melaka** to study the effects of tourism on our local communities and biodiversity, as part of their learning in the IPC unit 'The Holiday Show'.

PARENT workshops



Parents too have been learning this term with the numerous workshops organised by the various departments—English, Singapore Maths, Learning Technologies, Primary Leadership Team, A-Level Department, SEN and Counselling units.

"Tell me and I forget, teach me and I may remember, involve me and I learn."

~ Benjamin Franklin ~

"A relaxing workshop, quite a special one I have ever attended to paint and draw to express your thoughts and feelings."



STUDENT corner



Goh Jit Wern (Y6)

**Kejohanan Sirkuit Remaja
Kebangsaan Gimrama 2/2018**
November 26

- Category: Pre Junior U10
- ★ Ball Gold
 - ★ Rope Gold
 - ★ Clubs Silver
 - ★ Individual Overall Silver
 - ★ Team Gold



Cassidy Tan Jia Xin (Y3)

National Circuit Series 2/2018
November 27

- Category: Under 8
- ★ Overall 3rd
 - ★ Freehand 2nd
 - ★ Rope 3rd
 - ★ Ball 4th



Hayley Tan Jia Yi (Y6)

National Circuit Series 2/2018
November 30

- Category: Group Exercise
- ★ Under 10 (5 Balls) Champion



Samuel Aaron Jayasiri (Y7)

Air Asia League Soccer 2018
November 18

- ★ Position in Team: Goalkeeper / Mid fielder
- ★ Placing: 1st runner up Cup

The Royal Selangor Cup 2018
December 2

- ★ Position in Team: Goalkeeper / Defender U12
- ★ Placing: 1st runner up Plate



5th Malaysia International Music Arts Festival 2018

November 27

- Tee Kai Marn, Kate (Y3)
- Jayden Chan Jia Yang (Y6)
- Choo Jan Tzen (Y6)
- Tee Ning Marn, Claire (Y7)
- Ian Chow Hou Nam (Y7)
- Terrence Chan Jia Le (Y8)

- ★ Gold placing in String Orchestra Category



Vietnam International Youth Cup 2018

December 1-2
Ho Chi Minh, Vietnam

Ethan Dunn (Y9)
Tristan Paul (Y9)
Billy Lee (Y9)

- ★ Team FCKL emerged as Runners Up in the U16 category
- ★ Won the FairPlay Award



Yap Ji Wen (Y5)

Kejohanan Gimrama Sirkit Remaja Kebangsaan Siri 2/2018

Category: Under 10

- ★ Team 1st
- ★ Hoop 4th
- ★ Ball 4th
- ★ Freehand 4th

REA FIG Competition

Category: Under 10

- ★ Gala Dance 2nd
- ★ Ball 3rd
- ★ Freehand 3rd
- ★ Hoop 3rd
- ★ Group Exercise (U12) 3rd



Danielle Marissa Goh (Y5)

Kejohanan Gimrama Sirkit Remaja Kebangsaan Siri 2/2018

Category: Under 9

- ★ Team 1st
- ★ Hoop 4th
- ★ Ball 5th

REA FIG Competition

Category: Under 9

- ★ Gala Dance 2nd
- ★ Ball 2nd
- ★ Freehand 2nd
- ★ Hoop 3rd
- ★ Group Exercise (U12) 5th



Spiral Through Time Book Launch

December 9

Germaine Soo Jen Ning (Y8)
Teioh Nuan Ning (Y8)

- ★ Germaine and Nuan Ning have a story each published in the newly launched 'Spiral Through Time', now available at MPH bookstores.



Jerome Bun (Y11)
Valentino Tew (Y11)

Asian Schools British Parliamentary Championship 2018

December 8-9
Shanghai, China

- ★ Grand Finals 2nd Runner Up
- ★ Jerome awarded 3rd Best Speaker in the Malaysian category.



Chloe Ng Xin Yao (Y5)

2018/2019 SEA Figure Skating Open Challenge

November 29 - December 1
Bangkok, Thailand

- Advanced Pre-Novice Category
- ★ 2nd place

Share your achievements:
<http://bit.ly/HISExternalAchievements>