

## In Pursuit of Knowledge and Excellence



### A MESSAGE FROM OUR PRIMARY SCHOOL PRINCIPAL

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Dear Valued Parents and Guardians,

In today's world of social media, I am concerned that we are losing the ability to disagree without being disagreeable. Through the centuries, people have always had different beliefs, but in today's online environment, it seems that positions are quickly cemented, and quite often, people aren't interested in understanding the perspectives of others.

Control over what is exposed to our students in the online media is difficult, but we cannot accept this tone in our schools. We have to create a school environment in which everyone works to listen and understand others' perspectives. A conscious effort to empathise. Doing this is about more than merely creating a pleasant environment; it's about teaching students what they will need to succeed in life - an important skill is the ability to work with and appreciate others.

The practice and message of empathy is intrinsically woven into the fabric that blankets our school. Through PSHE, Social Science and Moral lessons, we discover and understand that there are a multitude of cultures in this world; many differ from ours but more importantly, how many are similar to ours.

Through our sports activities, we foster the spirit of togetherness and great camaraderie. It is only together that we can achieve greater glory because we are only as strong as the weakest link; and therefore, it is to our benefit as well to help those who fall behind.

Through our Motivational Mondays and through the examples from our educators, students learn that it doesn't hurt to be kind and that kindness can take on many forms. It is through fostering good character that we create gracious, empathetic people. I am not saying that this will be easy - but increasing the empathy in our school is well worth the effort.

*Calvin Wong*

# School Events

## Chinese New Year Celebration



Our school's Chinese New Year Celebration on 3 February 2023 was a veritable treat for the eyes and ears!

Our students put up a spectacular array of performances that truly mesmerised the audience, particularly as one considers that the students only had several weeks to prepare. Catching us by surprise was our Art Teacher Mr Ginn, who performed a cool number on the piano!

Students also took part in Best Dressed and calligraphy competitions. Check out Page 6 to see our winners!





# School Events

## Our 2023 Secondary Prefects Come On Board!

“A leader is one who knows the way, goes the way, and shows the way.”  
– John C Maxwell

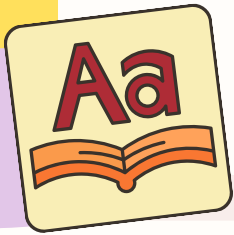
The investiture ceremony of our Secondary School Prefects took place on 13 February 2023, where they were conferred their badges. Our Year IIs Celine Wong and Nicholas Chin were named Head and Assistant Head Prefects for 2023, respectively.

Heartiest congratulations to all our Prefects! We look forward to your committed service to our school in the coming year. May you be excellent role models to your fellow students at all times.



# School Events

## Language Week



We held our Language Week from 20 to 24 February 2023 to celebrate the diversity of the English Language!

One of the week's activities was the Spellbound competition, which saw students competing in a spelling bee-style format. After several intense rounds, Isaac Low and Joel Lim, both from Year 9 Perseverance, were declared the winners. The competition testified to their language skills and commitment to mastering the intricacies of the English Language.

We also held the Public Speaking Competition to help students hone their public speaking skills whilst showcasing their linguistic talents. Participants from Years 10 and 11 were given the opportunity to deliver speeches on various topics related to language, society and technology. Getting into first place was Celine Wong of Year 11 Determination, who delivered a powerful speech.

Overall, Language Week was a huge success. This event served as a reminder of the importance of language in fostering mutual understanding, cooperation, and global citizenship.



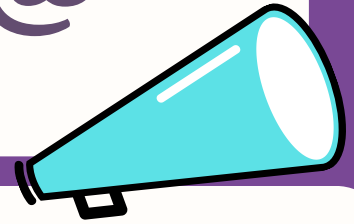


# School Events

## Language Week



# Happenings @ School



## PRIMARY TEACHERS' TRAINING BY MR CALVYN

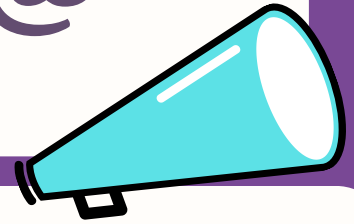
On 24 February 2023, our Primary teachers joined an interesting Experience Sharing and Professional Development session led by our Principal Mr Calvyn, entitled Lesson Planning: Stages & Learning Objectives.

It was a great opportunity for our teachers to exchange insights on how to further improve their teaching quality. We certainly look forward to more such informative sessions!



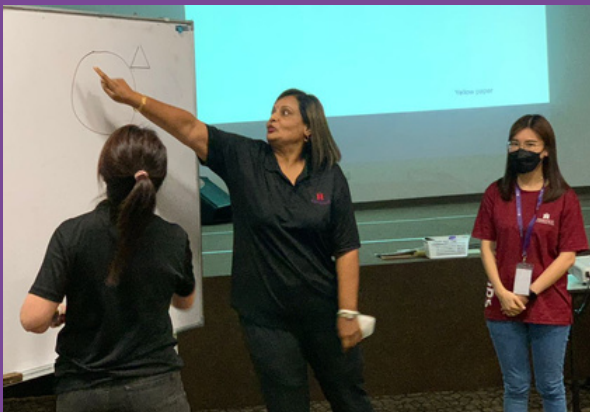


# Happenings @ School



## TEACHERS' PROFESSIONAL DEVELOPMENT

Our teachers attended a classroom management session conducted by Assistant Professor Alberto Luis August, Director of Undergraduate Studies at the Faculty of Education of Nottingham Malaysia.

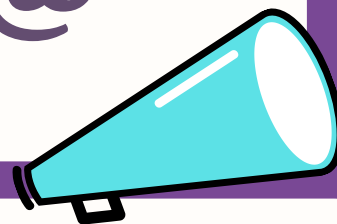


Assistant Professor Alberto shared on effective communication in the classroom. The session focused on the importance of effective communication in building positive relationships with students and creating an environment conducive for learning.





# Happenings @ School



## OUR BEST CALLIGRAPHERS AND DRESSERS GET AWARDS!

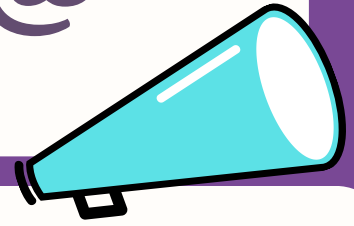
At our Secondary Assembly, our Principal Ms Sharmilla and Mandarin Teacher Ms Lily recognised students who excelled in our calligraphy and Best Dressed competitions that took place during our Chinese New Year Celebration!

Congratulations to Murakosa Yuji and Giselle Yuen on being the Best Dressed male and female, respectively! We also congratulate Cheah Yong En (1st) and Foo Weng Jie (2nd) as well as Tanya (1st) and Esma (2nd) on their achievements in the calligraphy Advanced and Basic Sets, respectively.





# Happenings @ School



## SATCHHIN, OUR SQUASH CHAMPION!

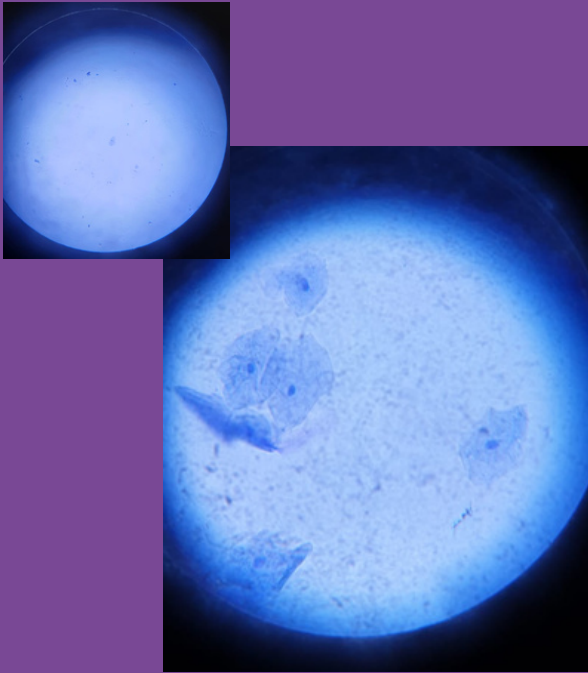
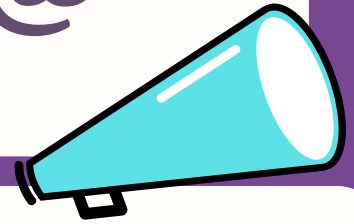
Our Satchhin Selvanayagam from Year II participated in the HCL 12th Indian Junior Open squash tournament in New Delhi early February.

He put up a strong fight against the other international contenders and subsequently secured 6th position in the "Boys Under 17" category.

Heartiest congratulations, Satchhin! Here's to more tournaments to come after your exams!



# Happenings @ School



"WOW, SO THAT'S HOW OUR CHEEK CELLS LOOK!"

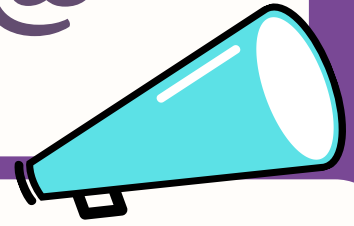
During Science class, our Year 7s learned what their cheek cells looked like under the microscope!

They were shown how to obtain a sample from the inner lining of their cheeks using a cotton bud, and thereafter stain the sample with methylene blue. They then used a microscope to observe their cells under different magnifications.





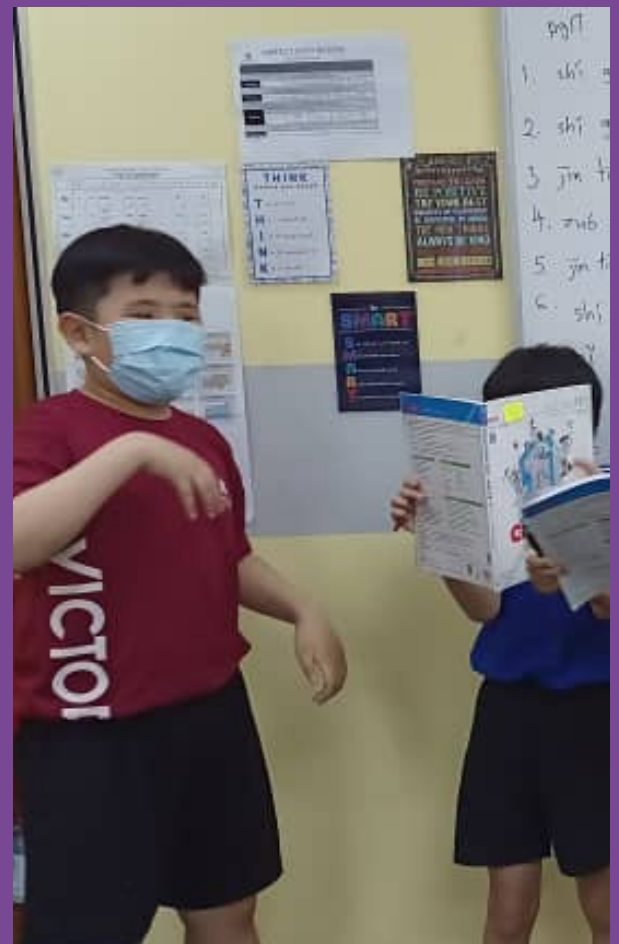
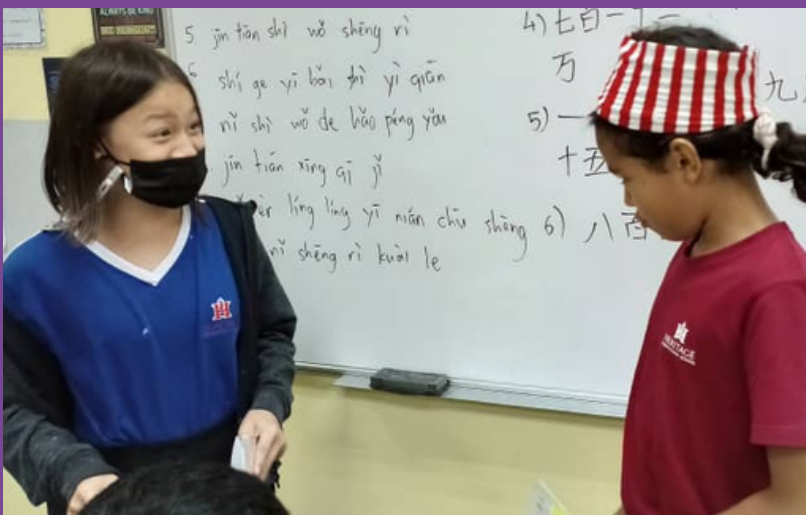
# Happenings @ School



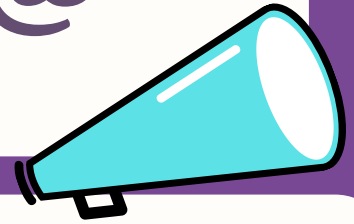
COME LEARN MANDARIN, THEN TEACH!

Our school believes that learning Mandarin does not have to be all about vocabulary and sentence constructs.

In addition to studying about the fundamentals of the language, our students get the chance to creatively present their learnings! It's fun when they switch roles with their teachers and become teachers for the day through role-playing.



# Happenings @ School



## ARE YOU SLEEPING ENOUGH?

Sleep is something so pertinent to our everyday functioning. Those of us who have been sleep-deprived will understand the pain of poor productivity!

During his class, our English Teacher Mr Justin Thoo led our Year 9 students to research about sleep and the effects it has on our overall well-being. They then presented their findings in these posters that suggest we skip that extra episode on Netflix and get an extra hour of shuteye!

### A GOOD NIGHT'S SLEEP

**WHAT IS THE MEANING OF SLEEP?**

- Sleep is a condition of body and mind that typically recurs for several hours every night.
- Sleep can be described as a state of reduced mental and physical activity, in which your consciousness is altered, and sensory activity is inhibited to a certain extent. During sleep, muscle activity decreases, and interactions with the surrounding environment are significantly reduced.

**WHAT ARE THE BENEFITS OF HAVING A GOOD NIGHT SLEEP**

- Get sick less often.
- Stay at a healthy weight.
- Lower your risk for serious health problems, like diabetes and heart disease.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and in work.
- Get along better with people.

**WHAT HAPPENS IF YOU DON'T SLEEP ENOUGH OR IS INTERRUPTED?**

Not sleeping enough is linked to many chronic health problems.

For example:

1. Heart Disease
2. Kidney Disease
3. High Blood Pressure
4. Diabetes
5. Stroke
6. Obesity
7. Depression

**METHODS TO SLEEP**

- Deep Belly Breathing
- Progressive Muscle Relaxation
- Block out unwanted noises
- Meditate

**WHAT HELPS TO SLEEP WELL?**

Remove electronic devices such as:

- TVs
- Computers
- Smart Phones

Avoid:

- Large Meals
- Caffeine
- Alcohol

Get some exercise

- Being active physically active during the day can help you fall asleep more easily at night.

### THE IMPORTANCE OF SLEEP

**WHAT SHOULD YOU AVOID DOING IF YOU WANT TO SLEEP WELL?**

- AVOID NICOTINE AND CAFFEINE.
- AVOID ALCOHOL AND LARGE MEALS BEFORE BEDTIME.

**WHAT HELPS YOU TO SLEEP WELL?**

- STICK TO A SLEEP SCHEDULE
- TRY READING A BOOK
- AVOID ALCOHOL AND LARGE MEALS BEFORE BEDTIME.

**WHY IS IT IMPORTANT TO GET A GOOD NIGHT'S SLEEP?**

- CAN IMPROVE CONCENTRATION AND PRODUCTIVITY.
- KEEPS EMOTIONS IN CHECK.
- REDUCING THE RISK OF HEART DISEASES.
- IMPROVING LOSS.

### Don't think just sleep!

**Why is sleep important?**

- Sleep contributes to the effective functioning of all body systems.
- enhances attentive span and improves sensory and cognitive abilities.
- Good sleep improves your brain performance, mood, and health.

**What happens if you don't have enough sleep?**

- concentration difficulties
- shortened attention span
- memory impairment
- poor decision making
- lack of enthusiasm
- irritability and aggression

**What helps you to sleep well?**

- Stick to a sleep schedule.
- Follow a bedtime routine.
- Get some exercise every day.
- Go outside.
- Avoid nicotine and caffeine.
- Limit electronics before bed.
- Don't lie in bed awake.

### A GOOD NIGHT'S SLEEP

## REMEMBER TO SLEEP

**Benefits of sleep**

**WHY IS IT IMPORTANT TO GET A GOODNIGHT'S SLEEP?**

A good night's sleep has been scientifically proven to improve your brain performance, mood, and health. Not getting enough quality sleep will weaken our body's immune system and regularly raise the risk of many diseases and disorders.

**WHAT HAPPENS IF YOU DONT GET ENOUGH SLEEP OR IF YOUR SLEEP IS INTERRUPTED?**

Not getting enough sleep can cause many problems. In addition to daytime sleepiness, missing or interrupted sleep can lead to a lot of problems and a higher risk of getting sick or contracting a dangerous disease.

**WHAT CAN HELP US TO SLEEP WELL?**

- 1.Reducing caffeine intake
- 2.Avoid taking long naps during the day
- 3.Not eating late at night
- 4.exercising regularly during the day
- 5.Optimizing your bedroom environment to help you achieve the best possible night's sleep

**WHAT SHOULD YOU AVOID DOING IF YOU WANT TO SLEEP WELL**

1. Not eating heavy meals before bed.
- 2.Exercise vigorously before bed.
- 3.Using gadgets or devices that emit blue light which can awaken your brain.
- 4.Doing activities that stimulate your brain and cause you to think hard directly before bed.

BY SNEHA, AI JIN AND KASHVIN

### BENEFITS OF SLEEPING.

BY CARINA, JERRY, KASHMITHAA, TANISHA. (YEAR 9 P.S)

**HAVING A GOOD SLEEP.**

Good sleep improves your brain performance, mood, and health. For getting enough quality sleep regularly, avoid the use of many health risks and mental problems. These could harm your disease and make it difficult to identify and determine.

**WAYS TO HELP YOU SLEEP WELL.**

- Make your bedroom comfortable for sleep. Don't use it for sleep.
- Create a relaxing bedtime ritual. Such as taking a warm bath, reading or listening to soft music.
- include physical activity in your daily routine.
- Don't drink caffeine before going to bed.
- pay attention to what you drink and eat. don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you awake.

**AVERAGE OF SLEEP SCHEDULE.**

Get awake for more night hours for sleep. The recommended amount of sleep for a healthy adult is between 7-9 hours. Most people don't need more than eight hours to feel refreshed and ready. Go to bed and get up at the same time every day, including weekends.

**HOW TO HAVE A GOOD SLEEP HABIT:**

Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

### SLEEP IS THE BEST POWER FOR YOU

## The Power of Sleep

Sleep can have mental, physical, social, and emotional development

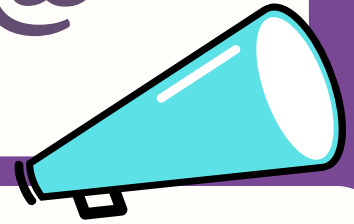
Sleeping benefits brain to focus well

Improves immune system to fight off diseases and illnesses

Reduce your stress and lightens your mood



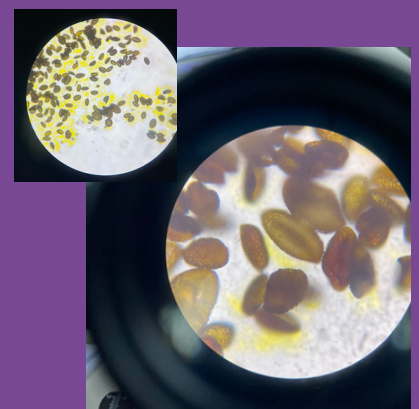
# Happenings @ School



## SEEING FLOWERS FOR WHAT THEY TRULY ARE

Flowers are not just about vibrant colours and tantalising scents - so much goes on underneath the surface that makes them the distinctively beautiful creation that they are!

Under the guidance of Science Teacher Ms Zhi, our Year II students dissected lilies to learn about the basic anatomy of flowers. They also viewed pollen under a microscope to gain an appreciation for its intricate structure.





# Happenings @ School



## THAT'S A WRAP - FOR A SPRAINED ANKLE

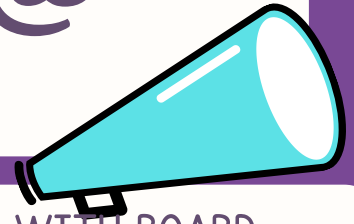
Seasoned hikers would know that hiking inevitably entails some risk of injury. One of the most common forms of injury would be a sprained ankle, and this comes as no surprise due to the unpredictability of ground surface conditions.

Here, our budding hikers from the Outdoor Activity Club are seen enthusiastically learning the proper technique to wrapping a sprained ankle.





# Happenings @ School



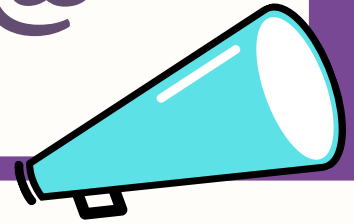
FUN AND EXCITEMENT WITH BOARD GAMES GALORE!

Playing board games teaches children to follow instructions, encourages healthy competition, and builds communication skills, amongst the many benefits.

At our secondary Board Games CCA, our students put on their thinking caps and enjoyed fellowshipping over various board games!



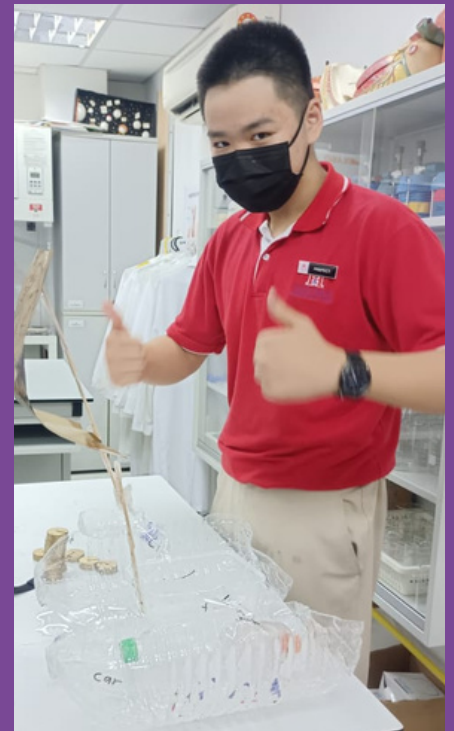
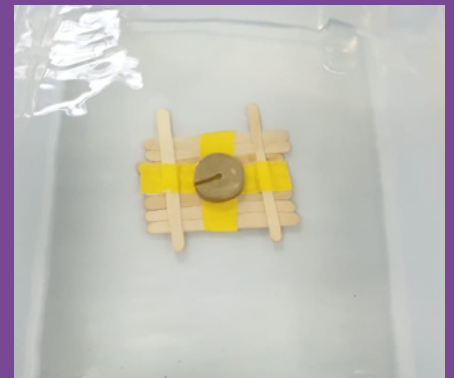
# Happenings @ School



## CAN YOUR BOAT FLOAT?

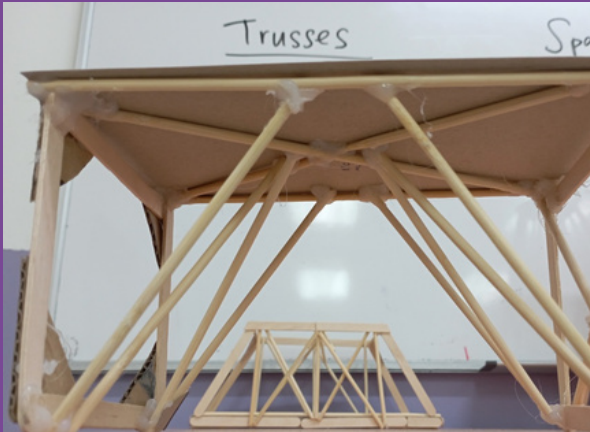
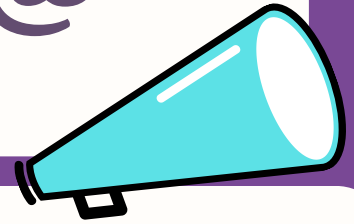
During one of our STEM Club meetings, members learned about flotation and how to make boats that float.

Mr Nicholas demonstrated the principles of flotation and guided members to produce floatable models using various materials.





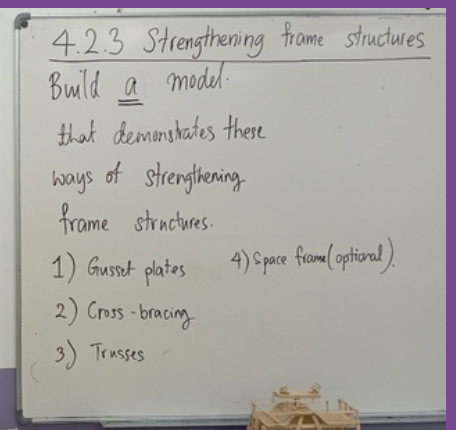
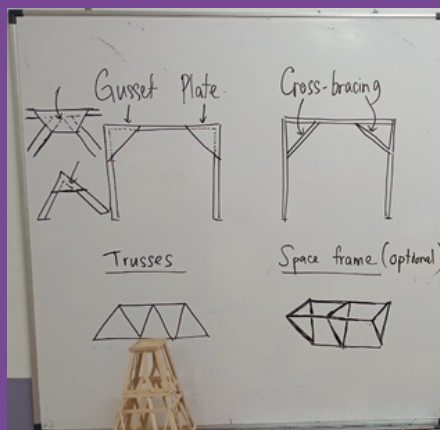
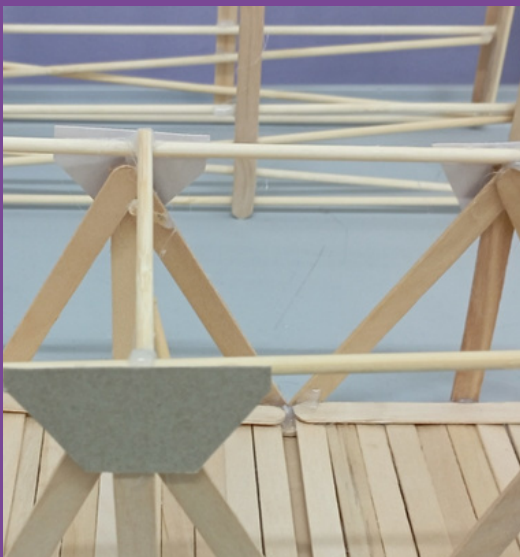
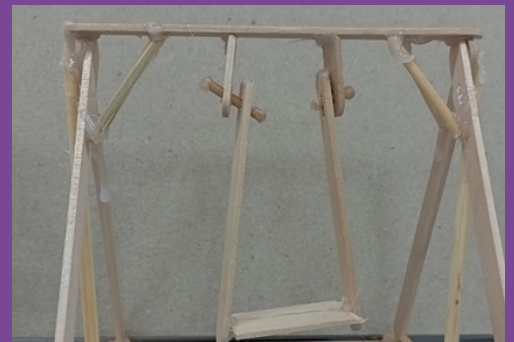
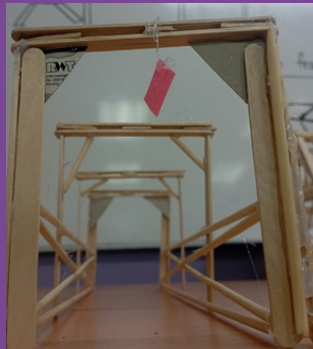
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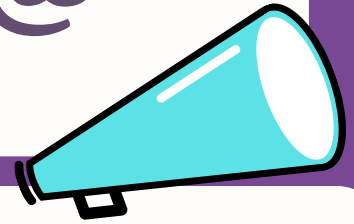
## STRONG FRAME, STURDY STRUCTURE

During Design & Technology class, our Year 10 students learnt from Mr Derek about real-world examples of frames and how they are strengthened.

They worked on various interesting models and actively engaged in discussions on designs that would best strengthen the frames.



# Happenings @ School



## EXTRA-CURRICULAR ACTIVITIES

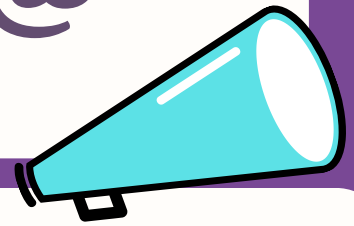
Extra-curricular activities (ECAs) help students to learn about themselves and develop their skills and knowledge in various contexts.

We have an exciting lineup of coaches from reputable organisations. We have the KL Dragon team for basketball, TBH Badminton Academy for badminton, El Roi Football Academy for football, Chumbaka for Tech and Innovation, and our very own Coach Gee for tennis and gym.

Our students are now working hard to secure opportunities to represent our school in upcoming sports competitions!



# Happenings @ School



## PRIMARY CO-CURRICULAR ACTIVITIES

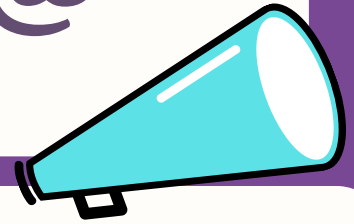
Co-curricular activities (CCAs) are a key component of our students' holistic education. Through CCA, students learn teamwork, self-discipline, responsibility and self-confidence, amongst others.

This year, we expanded the variety of clubs for our students to choose from, such as STEM & Alpha Sport, Eco Knights and Board Games, Boys Brigade, Sewing & Cooking, Brainy Bunch, Korean Culture, and Broadcasting and Debate.





# Happenings @ School



## SENSORY PLAY IS GREAT FUN!

Engaging children with special needs in sensory activities is beneficial in several ways, as it can help stimulate the brain, improve hand-eye coordination, build social skills and create neural pathways. Our Starkids love it!







# UPCOMING EVENTS

DATE	EVENT	SCHOOL
11-22 March	School Holidays	Primary & Secondary
24 March	First Sports Day Rehearsal @ SMK(L) Bukit Bintang	Primary & Secondary
31 March	Coffee Morning & Open Day	Primary & Secondary

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