

## In Pursuit of Knowledge and Excellence



### A MESSAGE FROM OUR SECONDARY HEAD OF ACADEMICS

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Dear Students, Parents, and Guardians,

We hope this message finds all of you in good health and spirits. As we kick off another exciting month, we would like to update you on some recent school activities we had in April.

Our IGCSE May/June exams have already commenced, and we are proud to report that our students have successfully completed their speaking exams. As the written exams continue, we wish our students the best of luck and encourage them to remain focused and confident.

In addition to our academic endeavours, our Environmental Week was a meaningful experience for our students. We believe that our school activities have helped our students understand the importance of protecting our environment and that they will continue to implement these principles in their everyday lives.

Our annual Sports Day was a resounding success, and we are proud of all our students for their hard work and achievements. Their commitment and determination were truly inspiring.

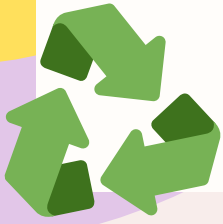
Lastly, we celebrated Raya with great enthusiasm and joy, and we hope that our Muslim students and families had a memorable time with their loved ones.

As we continue to navigate through these uncertain times, we are grateful for the resilience and strength of our community. We thank you for your ongoing support and encourage you to stay safe and healthy.

*Suyun Teh*

# School Events

## Environmental Week



During our Environmental Week, we collaborated with Refiller Mobile to reduce the usage of single-use plastics and promote sustainable living.

By offering eco-friendly household cleaning agents, dried nuts, toothpaste, skincare, and other products that can be packaged into reusable containers, Refiller Mobile not only reduces waste, but also encourages customers to consciously make more sustainable choices.

It is important to preserve our planet for our future generations, and initiatives like this can make a real difference. We hope that our Environmental Week will help raise awareness about the importance of sustainability and eco-friendliness!





# School Events



## Sports Day



We had a roaring good time at our Sports Day on 15 April 2023!

On that eventful day, we arose to cool weather and headed early for MPSJ Stadium in Subang Jaya.

It was truly heartwarming to see so many of our students' family members and friends streaming in through the stadium gates to witness their athletic prowess and sportsmanship.

We had events aplenty (track runs, telematches and tug-of-war) to ensure inclusivity, so that as many of our students (and adults!) can join in the fun!

The smiles on the faces of everyone who attended spoke volumes of what a success the day was. On behalf of our school, we extend our heartfelt thanks to everyone who contributed your valuable input.



Come relive the excitement through the following photos!





# School Events

## Sports Day





# School Events

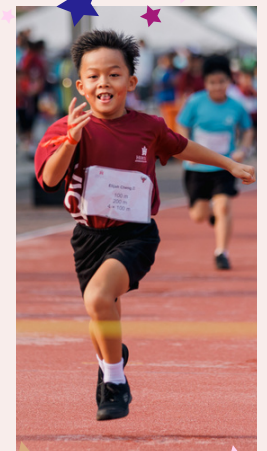
## Sports Day





# School Events

## Sports Day





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## Sports Day





# School Events

## Hari Raya Celebration



Our school celebrated Hari Raya Aidilfitri on 28 April 2023!

Our Malay Teacher Cikgu Rayza guided our students to put up a variety of performances in the national language. We are inspired by their courage and determination to put on their best acts!



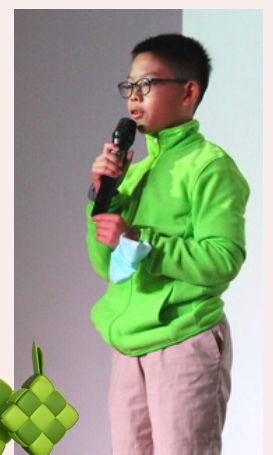
Come relive the moments with us through the following photos.





# School Events

## Hari Raya Celebration





# School Events

## PJEFC Impact Youth Camp

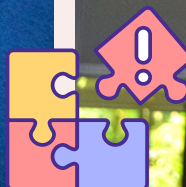


PJEFC Impact Youth Camp which was held from 22nd to 25th April at MonQ, Pemas, Negeri Sembilan, was a fantastic event that brought together 53 youths and 20 facilitators. The camp's theme was "Plugged in," and it was designed to help participants rest and recharge, reflect on their spiritual journey, and connect with a community. Few students from Heritage International School also participated in the camp.

There were also several fun activities, such as the main game, talent time, sports, and Ministry night. The facilitators did an excellent job of creating a safe and inclusive environment, where the participants felt comfortable expressing themselves and sharing their thoughts.

Overall, the Impact Youth Camp was a life-changing event that left a lasting impact on the participants. The Heritage International School students who participated in the camp were able to form new friendships, learn more about their faith, and develop a sense of community.

### CAMP





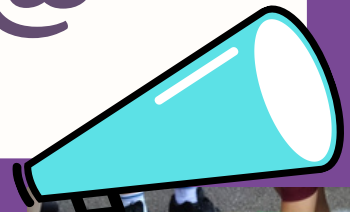
# School Events

## PJEFEC Impact Youth Camp





# Happenings @ School

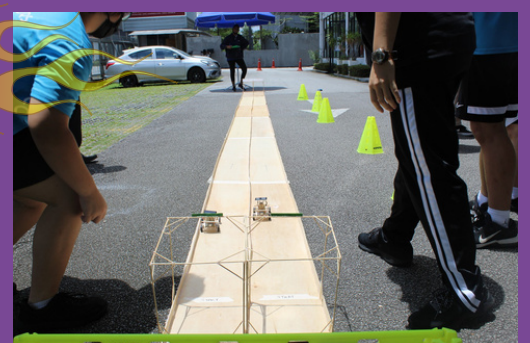
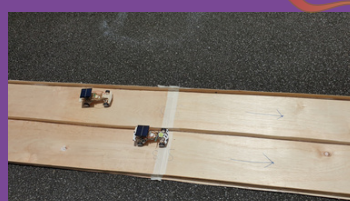
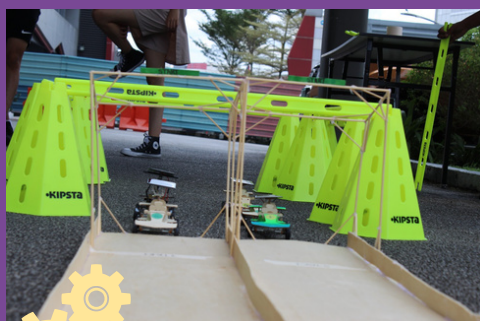
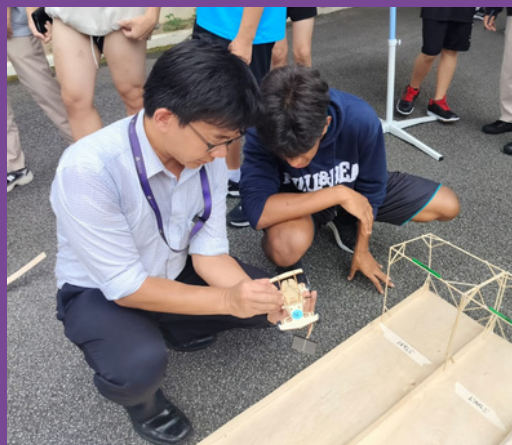


## SOLAR CARS CAN GO SO FAR!

Check out these shots from our students' Solar Car Challenge!

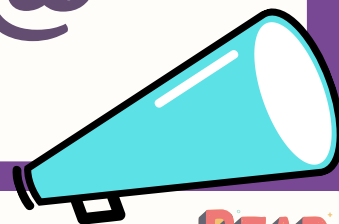
Under the tutelage of our Teacher Mr Derek, our students enjoyed building and personalising their cars and then putting their cars to the test on the tracks.

Our winners will be announced soon!





# Happenings @ School



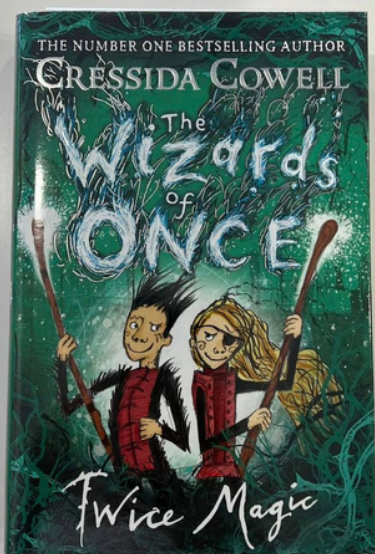
NEW BOOKS FOR OUR AVID READERS!

A room without books is like a body without a soul.



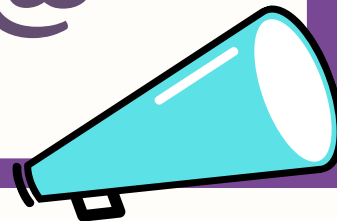
With books, we get to travel to faraway places without leaving our homes. With books, we safely experience wonders and dangers, hopes and dreams, lives and deaths.

We have re-stocked our library with new books for our avid readers. Thank you Ms Joanna Tan and Librarians for this initiative!





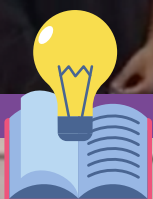
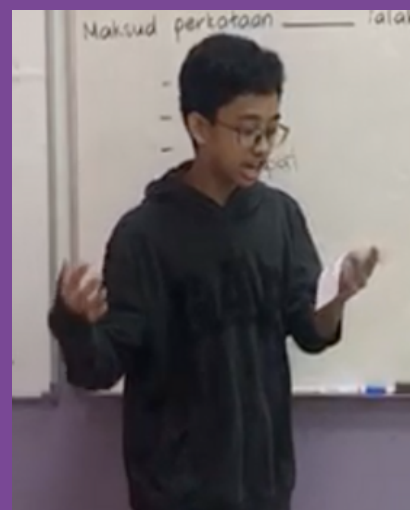
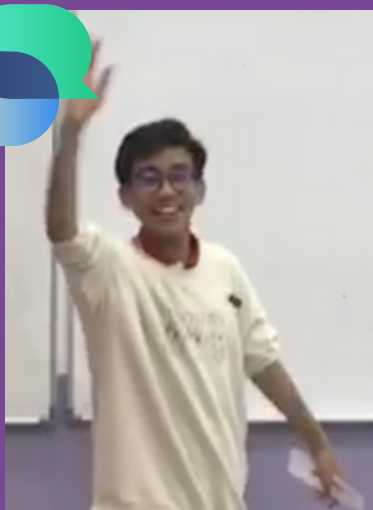
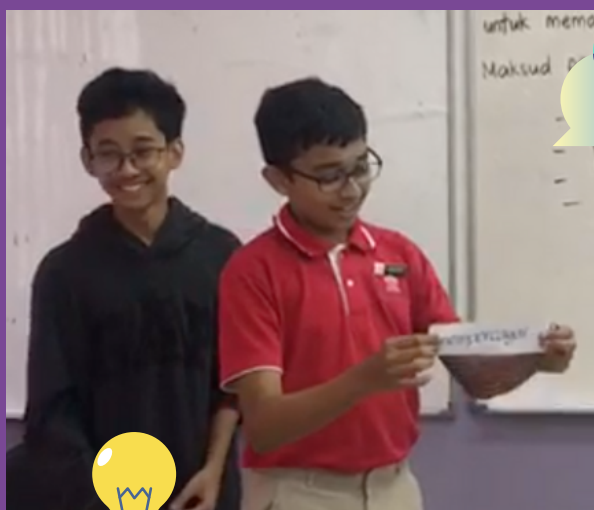
# Happenings @ School



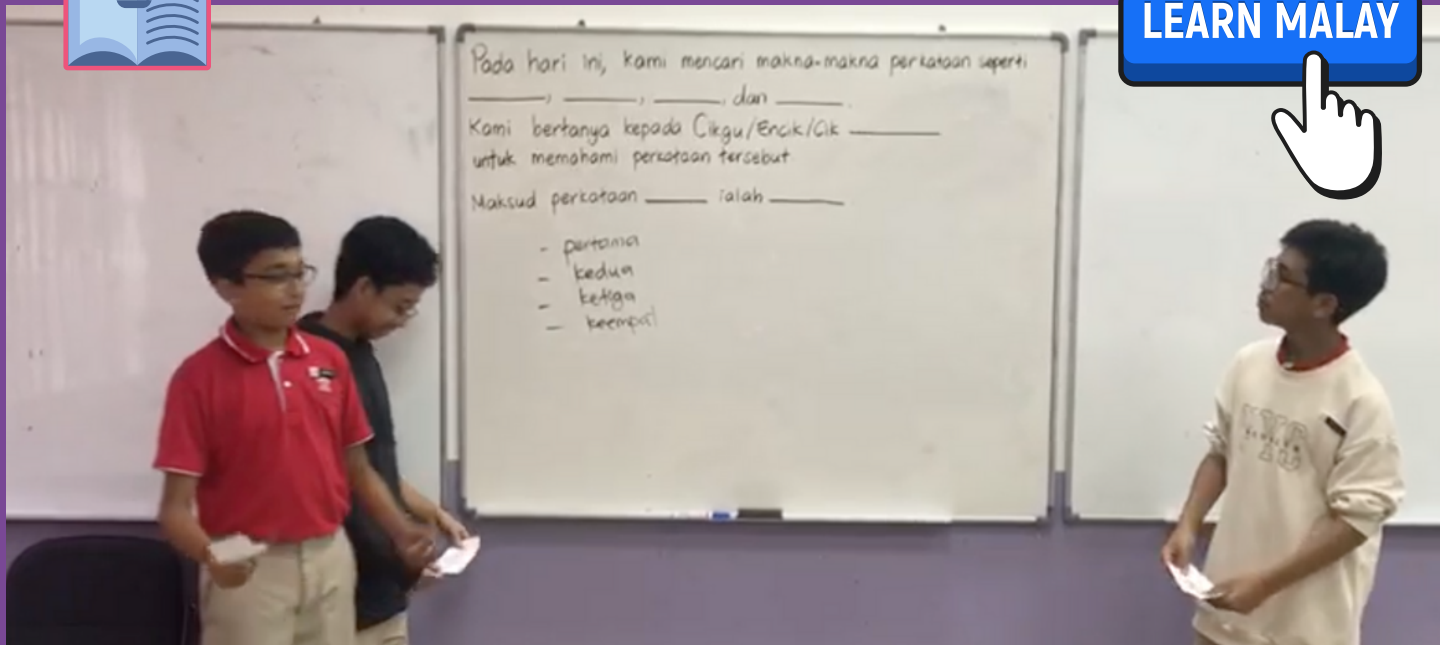
## LEARNING MALAY THE FUN WAY!

During their Malay lesson with Cikgu Rayza, our Year 8s expanded their vocabulary with some new words!

They were tasked to approach our staff to find out the meaning of the new words ("mempelawa" - invite; "mempelajari" - learning; "mempercayai" - trusting). They then presented their findings at class.

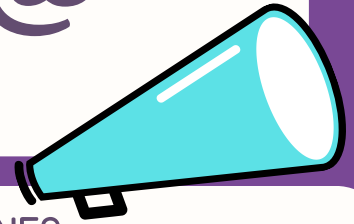


LEARN MALAY





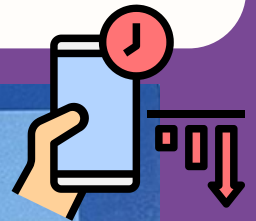
# Happenings @ School



## HOW TEENAGERS CAN SPEND LESS TIME ON THEIR PHONES

"Screen time" refers to the time spent on a device with a screen, e.g. a smartphone, computer, television, or gaming console. Screen time is being thoroughly studied for its impact on mental health, as it is correlated with mental and physical harm in child development.

Our Year 8 Global Perspectives class researched on ways to mitigate excessive screen time. Check out their poster below!



### SCHEDULE FAMILY ACTIVITIES

Involve activities that don't include electronics. Go on a hike or play board games and especially spend time with your family. Just make sure you don't use any electronics!!

### SCREEN FREE DAYS!

Every once in a while, it's good to have screen-free days. You can even consider it as a weeks vacation without electronics. It's an excellent way of limiting screen time.

### ESTABLISH CLEAR RULES

Most young teenagers aren't matured enough to handle free reign with their electronics. Establish rules that will help your teen make good choices with video games, cell phone, TV's and computers.

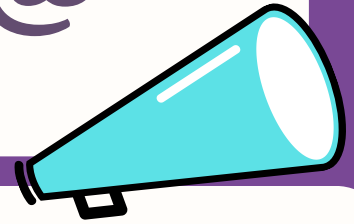
### ENCOURAGE PHYSICAL ACTIVITY

Encourage your teen to get some exercise like or even doing walking or even doing some gardening . This can ensure your teen will get all the physical activity that their body needs.





# Happenings @ School

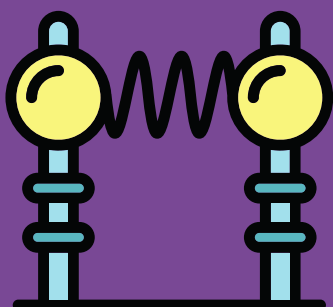
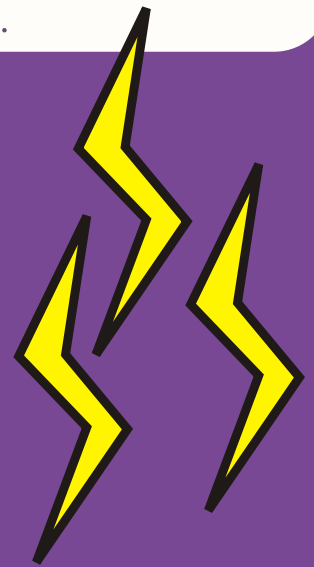
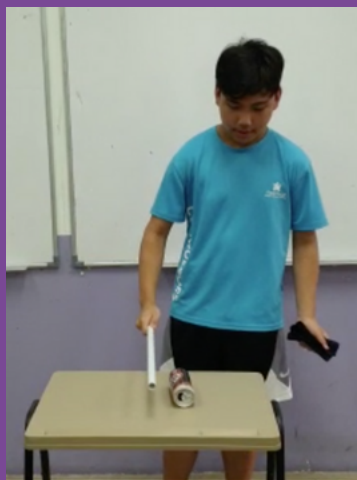


## ELECTROSTATICS AT WORK

Our Year 8s learned about electrostatics, a branch of physics that studies electric charges at rest!

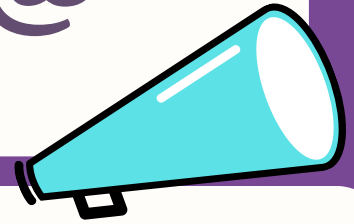
An electrostatic charge is produced by friction between two surfaces, such as the movement of paper through a copier or printer.

In the following photos, we see that a stick, charged by friction with a piece of cloth, attracts the aluminium can until it rolls off the table.





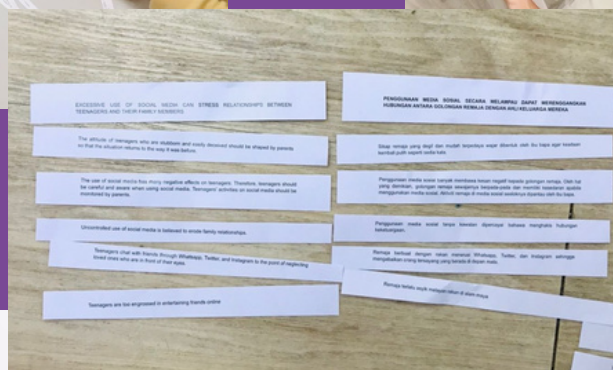
# Happenings @ School



## MIX AND MATCH VOCABULARY TO WRITE AN ESSAY

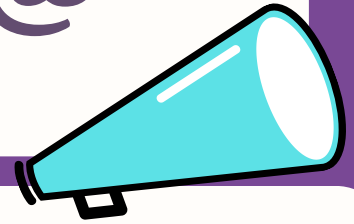
Our Year 8s learned how to write an essay in Malay using a "vocabulary mix and match" activity.

The essay, entitled "Penggunaan Media Sosial dalam Kalangan Remaja" (Usage of Social Media Amongst Teenagers), was broken up into segments. Students were tasked with joining the segments together by studying their context and the conjunctions used.





# Happenings @ School



## PRACTISING OUR VIDEO PRESENTATION SKILLS

Under the tutelage of our English Teacher Mr Justin Thoo, our Year 7s got a chance to practise their presentation and video-editing skills!

Mylo and Jasmine presented on upcycling, the practice of transforming unused or discarded items into useful items of greater value. They also talked about why and how we should upcycle.

Emmelyn then spoke on the hanfu, a traditional Chinese attire that predates the cheongsam and samfu. She touched on the hidden meaning of the floral embroidery, as well as the styles that impacted the hanfu's appearance before ending with a special mention of the "flower petal" makeup.

Hephzibah presented on Isiagu, a fabric that comes in diverse colours of choice. Isiagu is traditionally worn at special events by Igbo, a tribe in eastern Nigeria, and is made of cotton or velvet with lion head print.



### WHAT IS UPCYCLING?

"Upcycling" is a process mainly refer to as the act of taking something no longer in use and giving it a second life and new function. In doing so, the finished product often becomes more practical, valuable, and beautiful than what it previously was."



### WHY SHOULD WE PRACTISE UPCYCLING?

The environmental benefits of upcycling are mammoth, aside from minimising the volume of discarded materials and waste being sent to landfill each year, it also reduces the need for production using new or raw materials which means a reduction in air pollution, water pollution, greenhouse gas emissions and often a conservation of global resources.



### HOW COULD WE UPCYCLE?

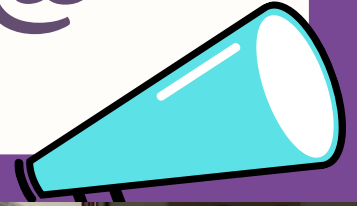
#### HOW COULD WE UPCYCLE?

With a bit of creativity, anything can be upcycled: worn shutters, wood pallets, cardboard packaging, tattered clothing — even your old toothpaste tubes. Turn unwanted items into chic home decor, modern furniture, or a functional light fixture.



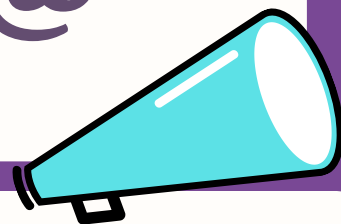


# Happenings @ School





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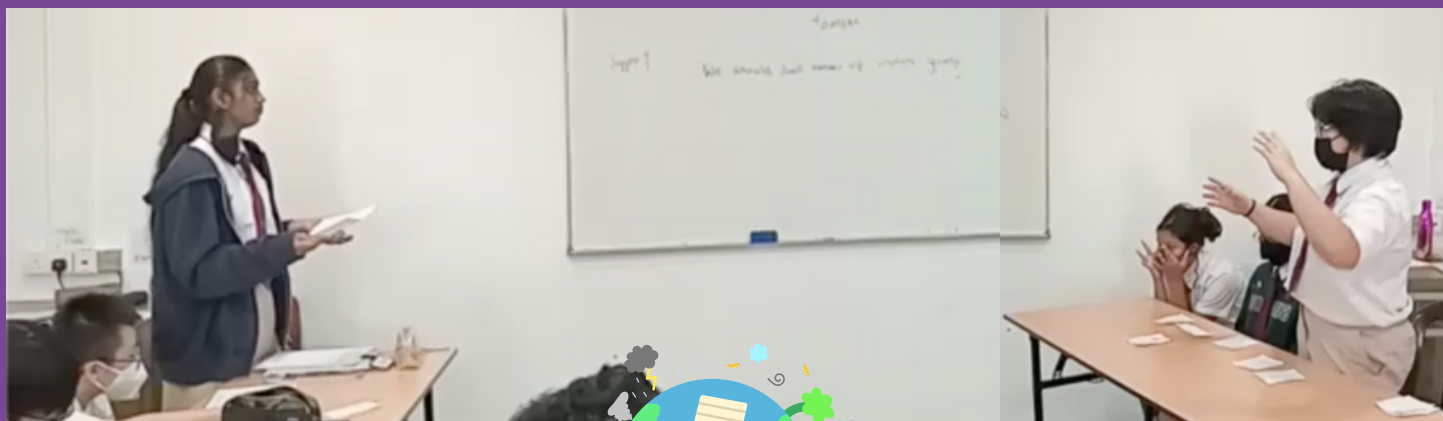


## DEBATING THE HOT TOPIC OF CLIMATE CHANGE

Our Year 8s had an exciting time of debating on a hot topical issue!

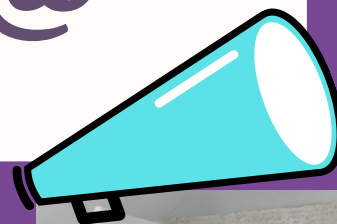
Under the guidance of Teacher Mr Siva, they formed cogent "for" and "against" points to the issue of whether economic growth should be achieved at the expense of global climate stability.

This activity helped our students develop not just their critical thinking skills, but also their ability to present their viewpoints persuasively.





# Happenings @ School

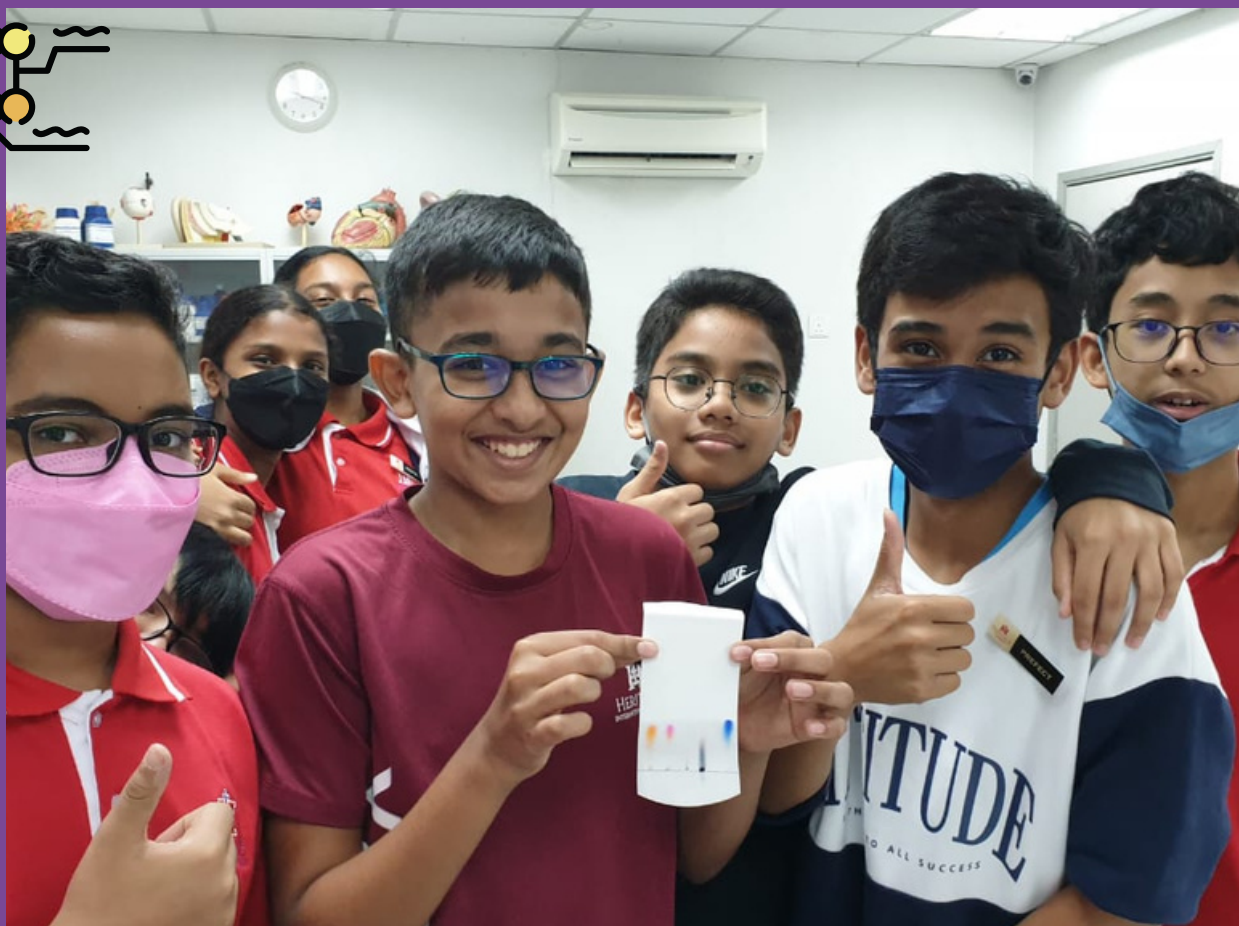
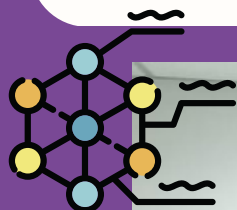


## GETTING SOME COLOUR ON CHROMATOGRAPHY

Our Year 8 students conducted an experiment to learn about chromatography!

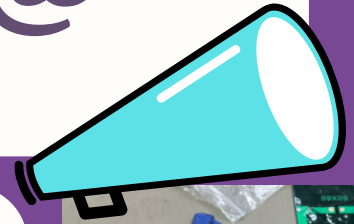
Chromatography is a technique that is used to separate components in a mixture. It can also be used to partially identify the components in said mixture.

A solvent is first used to dissolve some solutes and carry them up the filter paper. The solutes will separate as they move up the paper at different speeds.





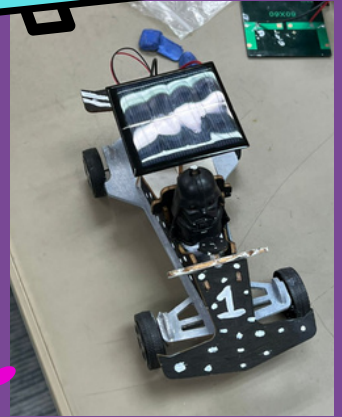
# Happenings @ School



## YOUNG DESIGNERS IN THE HOUSE!

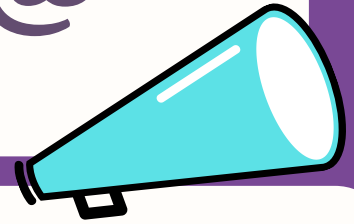
Our young builders were tasked to build and design their own fans and race cars. They did a wonderful job, demonstrating a keen eye for detail.

Well done, students!





# Happenings @ School

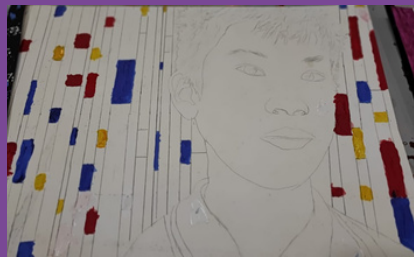


## MAKING ABSTRACT ART

Our Art Teacher Mr Ginn introduced our Years 4 to 6 students to abstract art in February and April! Students were tasked to create their own abstract art pieces inspired by pioneer abstract artist Hilma Af Klint's work.

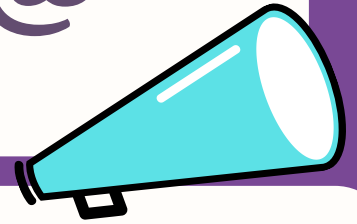
Our Year 6s were given the option of learning the secrets of photorealistic pencil drawing. Students who took up the challenge could choose their subject matter. Elephants, cats and puppies were painstakingly rendered to life with pencils on paper, each piece taking about 15 hours on average to complete. Stay tuned as the completed artworks will definitely make your jaw drop!

Our students have now moved on to their third major art project of the year - their self-portraits, which aim to immortalise the best versions of themselves on paper.





# Happenings @ School



## IT'S TIME FOR A POP QUIZ!

Pop quizzes, or unannounced quizzes, can have several benefits for primary students. They can promote active learning, reinforce knowledge, build confidence, identify knowledge gaps, and provide feedback.

Our Year 1 Enthusiasm students had their first pop quiz for the term. Great work, students!







# UPCOMING EVENTS

DATE	EVENT	SCHOOL
2 - 29 May	IGCSE Examination (May/ June series)	Secondary
8 - 19 May	Mid-Term Examination - Year 7 to 11	Secondary
15-18 May	Mid-Term Examination - Starkids, Year 1 to 6	Primary
25 May	Teachers' Day Celebration	Primary & Secondary
30 May	Field Trip	Primary
30 & 31 May	Field Trip	Secondary

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3, Jalan 13/6, Section 13, Petaling Jaya, Selangor Darul Ehsan.

Tel: +603-7932 0803 | Email: [info@heritage.edu.my](mailto:info@heritage.edu.my) | Website: [www.heritage.edu.my](http://www.heritage.edu.my)

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Petaling Jaya