

## In Pursuit of Knowledge and Excellence



### A MESSAGE FROM OUR PRIMARY SCHOOL PRINCIPAL

Dear Valued Parents and Friends,

Beginnings are truly wonderful times. It is a time we can, in a sense, wipe the slate clean and try to be better than we were before. A time when endless possibilities lie before us, waiting to be experienced and explored. New roads to take. Make better choices that lead to positive opportunities. In this month's newsletter, I would like to engage in a discussion of vital importance – the profound connection between actions and their subsequent consequences.

In the intricate tapestry of life, each decision we make, no matter how seemingly small, sets in motion a series of effects that resonate not only within our sphere but reverberate throughout the broader community. Like a drop of water, whose ripples move outward – far beyond what the droplet itself can perceive. It is therefore important for us all to recognize and appreciate the gravity of this cause-and-effect dynamic.

There are times when it is best to let children experience the natural consequences of their own behaviour. This helps them learn that their actions have consequences. Students understand that mistakes, both academic and behavioural ones, are part of the learning process and that their teachers are there to support them.

Let us collectively pledge to exercise mindfulness in our decision-making processes, considering the potential repercussions and demonstrating unwavering accountability for our choices. Thank you all for your ongoing commitment to the principles that define our educational community.

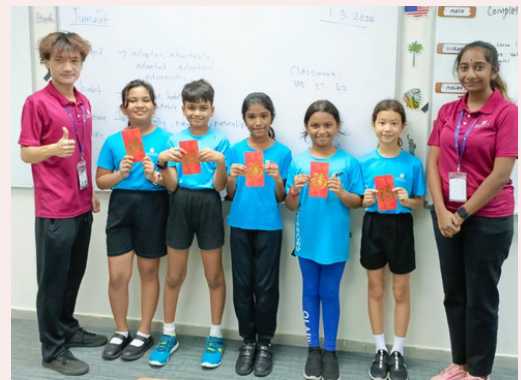
*Calvin Wong*

# School Events

## Mandarin Week

In conjunction with our Mandarin Week and Chinese New Year Celebration, we held a Chinese paper craft workshop where students with the best representation of their work got a chance to bring home a lovely angpaw. Naturally, the students were thrilled. Remember the days when we got to keep our angpows?

Congratulations and Gong Xi Fa Cai!



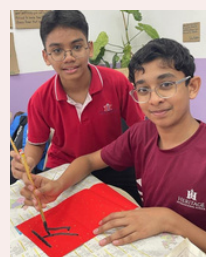


# School Events

## Mandarin Week

Unlocking the art of calligraphy goes beyond crafting beautiful letters; it's a journey that hones concentration, attention to detail, fine motor skills, and the calming rhythm of patience. With every stroke, stress takes a backseat, and focus blooms - creating not just writing but a work of art.

Special thanks to Ms. Lily for organising this mindful journey during Mandarin Week!







# School Events

## Chinese New Year Celebration



A joyous Lunar Chinese New Year celebration featuring mesmerizing performances, a lively best-dressed competition, and the rhythmic energy of a traditional lion dance. The Jubilee Hall was awash with brilliant and dazzling colours - everyone was dressed in their traditional outfits in conjunction with the celebrations. There were "angpows" to be won for being the Best Dressed Male and Female as well as for guessing the number of oranges in the basket!

Thank you very much Ms Lily, Mr Edward, Ms. Tang, Pastor Ignatius and Mr Reza for the effort and generously dedicating your time to ensure the success of the event.







# School Events

## Chinese New Year Celebration





# School Events

## Sports Day Rehearsal



Preparing for the big event of the term – our Annual Sports Day. So much work, sweat and effort has been poured into planning and executing this major event. We can't wait to showcase what we hope will be stunning performances, both on and off the track!

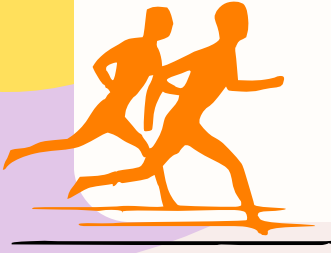
Students and teachers alike are enthusiastic! There is some contention on who the winners are this year, but that will soon be settled on the track this 9th March.





# School Events

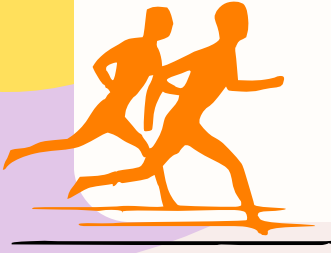
## Sports Day Rehearsal





# School Events

## Sports Day Rehearsal







# School Events

## Secondary Participates in Global Leadership Summit



Empowered and inspired! Our secondary students rocked the Global Leadership Summit Next Gen at Petaling Jaya Evangelical Free Church on 26th January 2024!

From leading in their social circles to breaking new ground, they immersed in 5 dynamic sessions, explored community building, serving leadership, and innovative setups. Plus, they bonded through teambuilding activities and activated change with World Vision.







# School Events

## Installation of Primary Prefects & Librarians



Prefects and librarians take on an important role in the school. It is very heartening to see our students step up to take on more responsibility and want to positively contribute toward the betterment of the school.

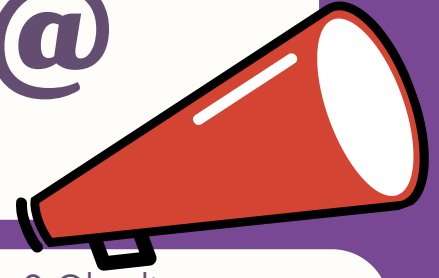
Being a prefect or a librarian means that these selected students have committed to service – and this is the best form of leadership. True leadership is about understanding what it means to put someone else's interests above your own.







# Happenings @ School



## Healthy Food Extravaganza: A Whimsical Journey Through Year 2 Obedience Science

In a burst of colour, giggles, and creativity, our Year 2 Obedience Science class recently took on a side-splitting challenge: making models of healthy foods using the one and only modeling clay! Prepare for a culinary adventure that's not just delicious but downright hilarious! The mission was simple: combine learning about healthy eating with the wacky world of modeling clay.

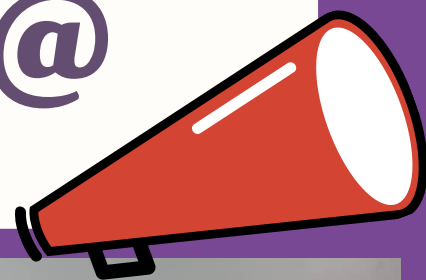
Students dove into the task with infectious enthusiasm, ready to sculpt their way to a laughter-filled lesson on nutrition.





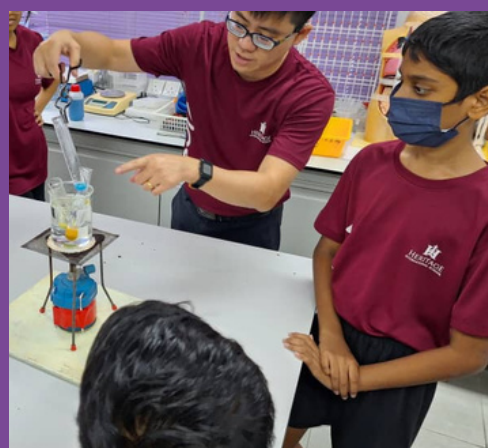
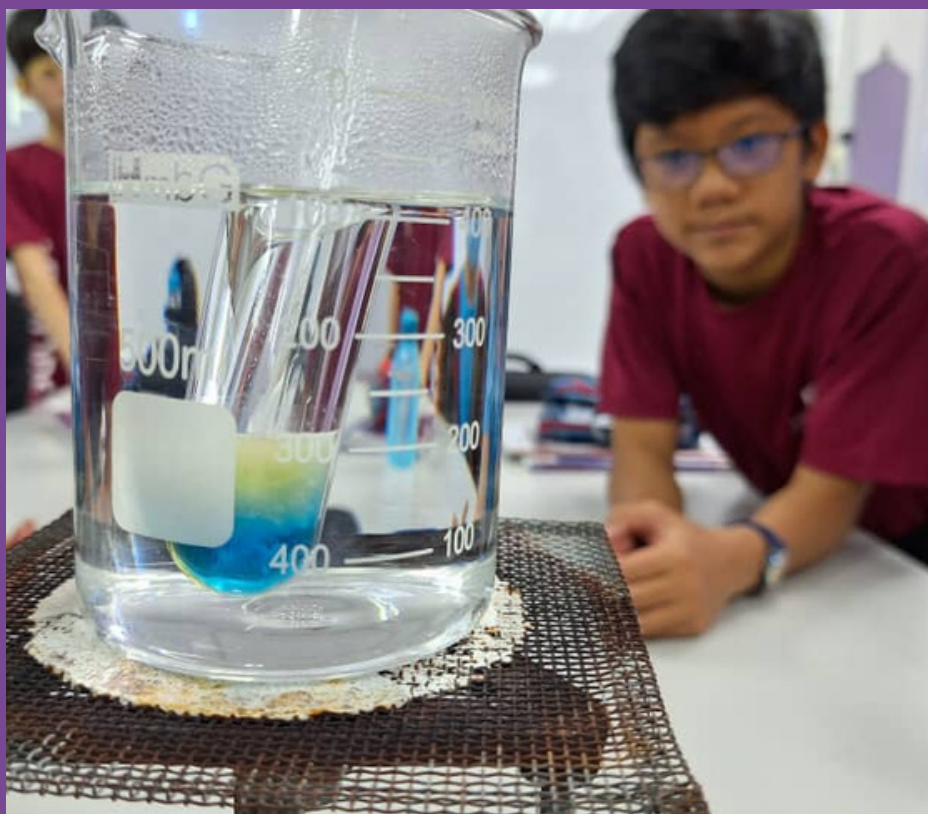


# Happenings @ School



Year 8 students conducting food tests!

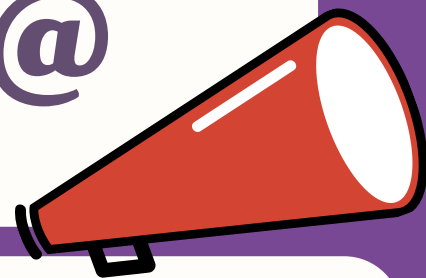
They observed the transformation as the iodine dilution turned unmistakably blue-black, confirming the presence of starch in the tested food samples.







# Happenings @ School



Congratulations to Channing Liew Ken Ming for securing an impressive 3rd place in the NRBA Tournament Circuit! Well done, Channing!

For Secondary students interested in Badminton ECA, sessions are scheduled on Wednesdays from 3:30 pm to 4:30 pm.

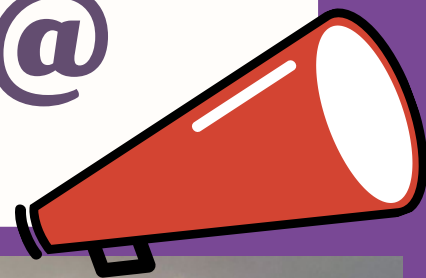
To sign up, please contact the admin office.







# Happenings @ School



Embracing the festive spirit early with our teachers during a delightful Chinese New Year celebration, complete with Lou Sang!

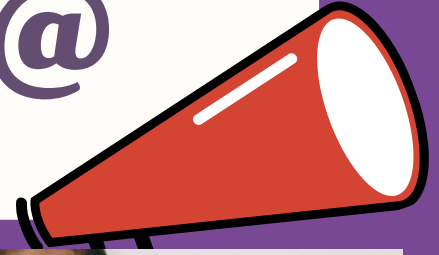
Also, heartfelt congratulations to Ms. Esther Yap and Ms Lily Lai for achieving the Full Attendance Award for 2023!







# Happenings @ School



Let's extend our heartfelt congratulations to Vaishnavi Ira, our remarkable secondary student!

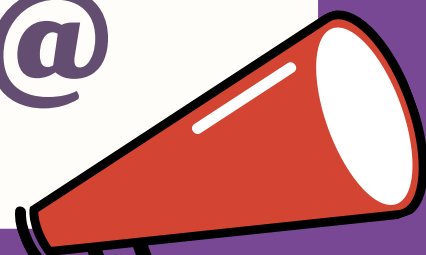
Vaishnavi's exceptional talent in Bharatanatyam dance has not only earned her a place in the esteemed High Range Book of World Records, but also serves as an inspiration to all students in Heritage. Well done, Vaishnavi!







# Happenings @ School



Congratulations to Year 4 Loyalty and Year 9 Patience for their creativity, hard work and perseverance in achieving the best decorated class awards! Well done!

You truly make the study environment more conducive. Keep up the fantastic work!







# Happenings @ School



Year 7RP students nurturing our school's greenery with a sustainable touch!

Turning leftover dry food into compost to feed our plants and promote a greener, healthier environment. Small actions, big impact!





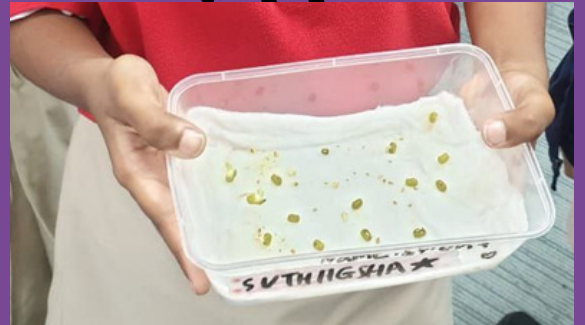


# Happenings @ School



Year 3 students delving into the intricate process of seed germination!

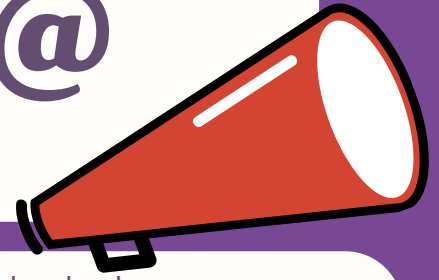
Here, they were engaged in a captivating exploration as they carefully observed and documented the growth of mung bean plants.







# Happenings @ School



In the vibrant world of botanical discovery, Year 5 students embarked on an exhilarating journey, cultivating a diverse garden filled with the promise of life. Armed with enthusiasm, they planted an eclectic mix of mung beans, ladyfingers, chili, and sunflower seeds, eagerly unraveling the secrets behind the optimal conditions for the magical germination of these green companions.

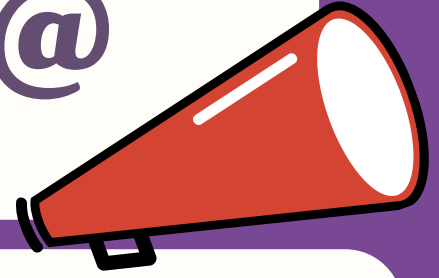
The classroom buzzed with anticipation as young horticulturists eagerly monitored their vibrant botanical experiment, fostering a love for science and nature in every carefully planted seed.







# Happenings @ School



In Year 2 Life Skills lesson, students learn to make their favourite toast. This engaging lesson fosters independence and culinary basics, empowering young learners to create a simple yet satisfying breakfast.

Through hands-on experience, they develop confidence and practical skills that extend beyond the classroom. Great job, Year 2!







# Happenings @ School



In our StarKids class, students joyfully engaged in Chinese New Year-themed art and craft activities, fostering creativity and cultural appreciation!

Check out their creative work!





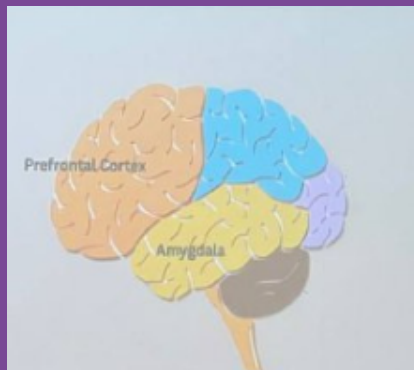


# Happenings @ School



Starting the year right with our first PD session: Fill Your Cup for Teachers! Led by our very own school counsellor, Ms Esther Tan, we explored stress management tools like deep breathing, mindfulness, and positive reframing to kick off the year with self-care and resilience.

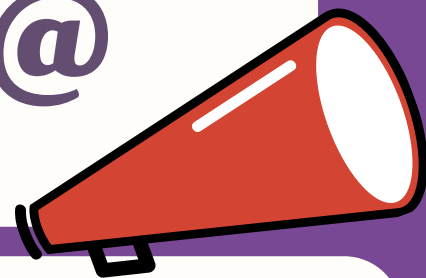
Here's to filling our cups and thriving together! #FillYourCup #TeacherWellness







# Happenings @ School



We are thrilled to announce that HIS is now establishing our very own registered Interact Club!

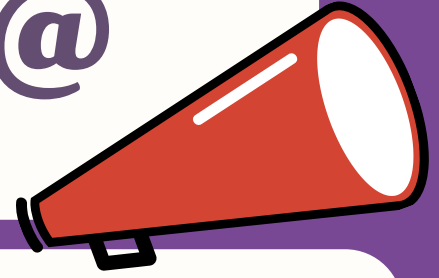
We had the honour of welcoming Mr. Alexis Cramatte, President of Rotary Club Bandar Utama, who shared his valuable insights. His visit has empowered our members to plan meaningful initiatives on service, leadership and community engagement for this term.





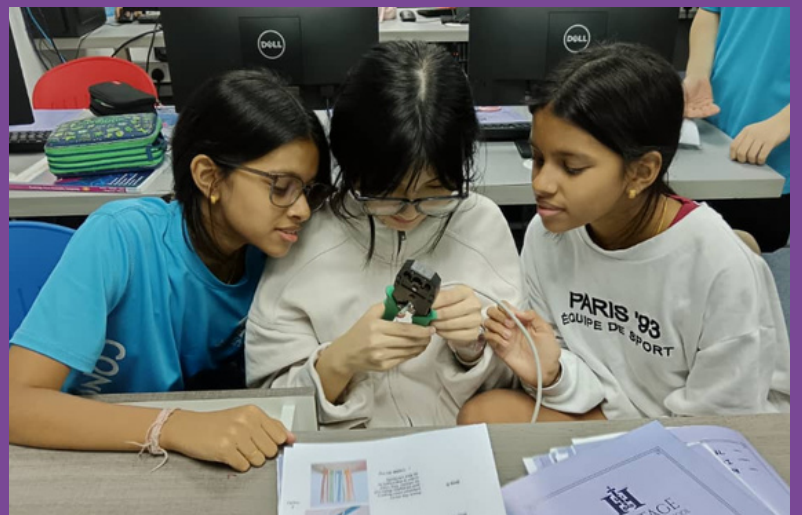


# Happenings @ School



Year 8 students recently got hands-on with technology by crafting LAN network cables. Under the guidance of Ms Shantha, they learned essential networking skills and teamwork, setting a solid foundation for future tech endeavors.

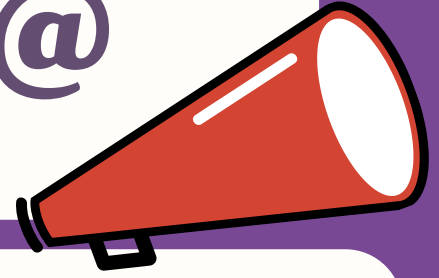
The future is now and we must equip ourselves with basic tech knowledge. Well done to our budding tech enthusiasts!





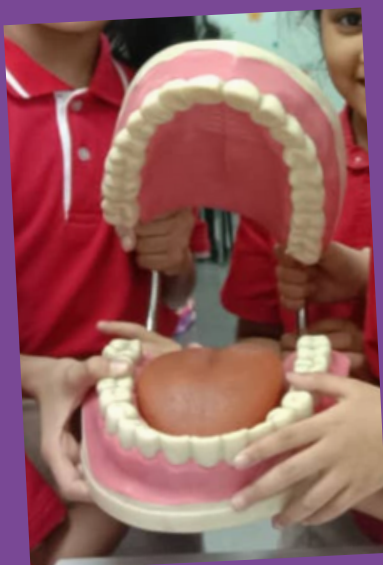


# Happenings @ School



In a recent Science lesson with the Year 2 Obedience students, teacher Sharmila showcased a model of a tooth, highlighting its different parts and their functions. The class explored how incisors help with cutting, canines aid in tearing, and molars assist in grinding food.

By visually understanding the roles of each tooth, her students gained insight into the importance of maintaining healthy dental habits for overall oral health.







# Happenings @ School



To generate enthusiasm (and appreciation) for the unit on plants, our Year 1 students engaged in a hands-on craft and painting activity, where they skilfully crafted their own flowers.

The students showcased impressive creativity during this activity!







# Happenings @ School



This is an experiment done by our Year 10 Biology students to examine the phenomenon of osmosis. Osmosis is the diffusion of water molecules across a partially permeable membrane.





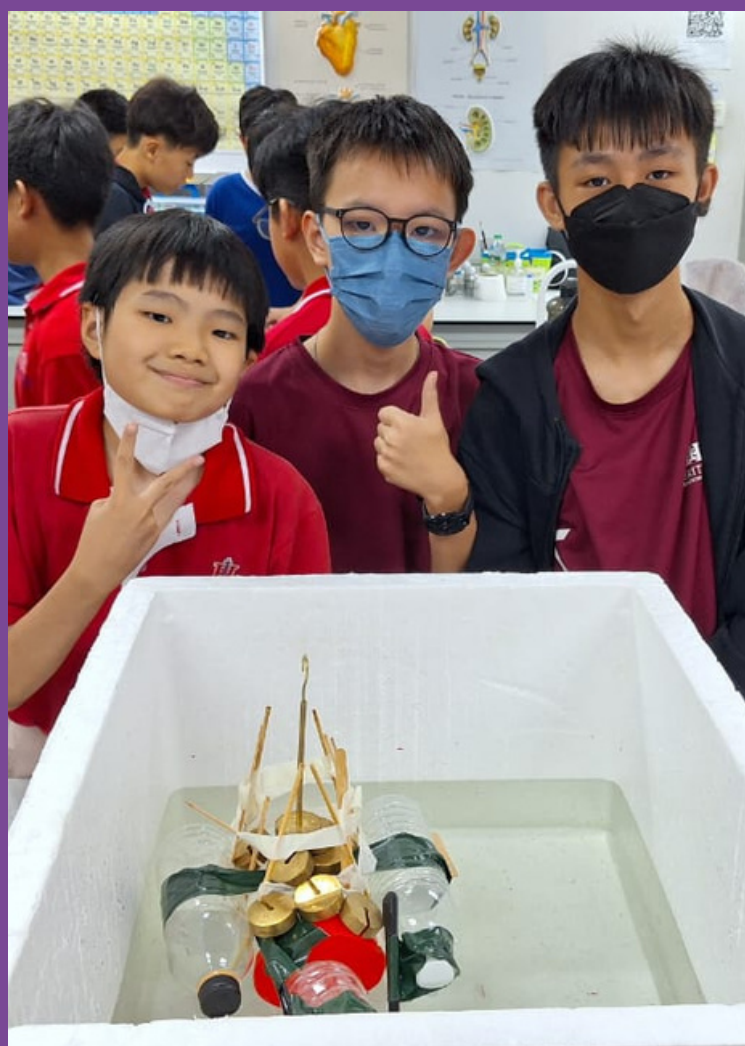
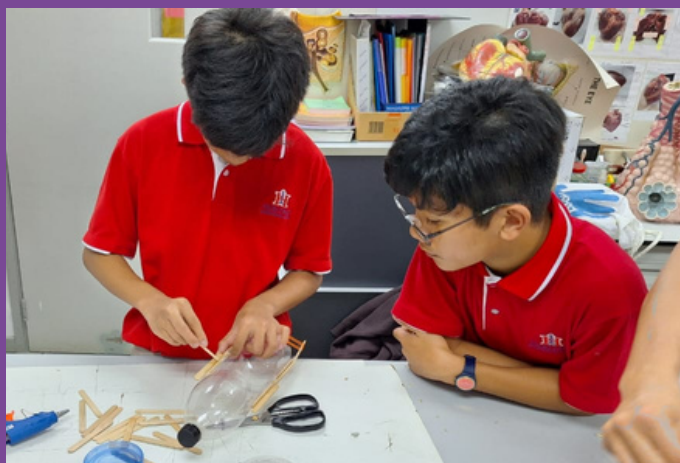


# Happenings @ School



STEM Club members constructed their own boats using recyclable materials.

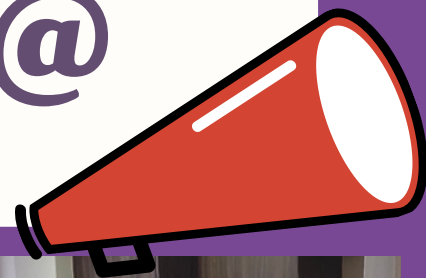
One of the boat designs could hold up to 2kg!







# Happenings @ School



Teaching students other alternatives to using soil for plants. Today, it is peat moss. Students were taught the uses, pros and cons of peat moss. They got to plant their cuttings into peat moss.







# UPCOMING EVENTS

DATE	EVENT	SCHOOL
1st March	Prefect & Librarian Installation Ceremony	Primary
8th March	Sports Day Rehearsal	Primary & Secondary
9th March	Sports Day	Primary & Secondary
11th March	Replacement Holiday	Primary & Secondary
25th March - 5th April	Year 11 Mock Exams	Secondary
25th March - 5th April	Continuous Assessment	Primary & Secondary

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Petaling Jaya