



# Newsletter

**NEWSLETTER 2020/21  
TERM 3, WEEK 6**



**STAR OF THE WEEK**



**Megan Ong**

**PRIMARY**

The Star of the Week Award goes to Megan Ong from year 5 Respect. She is able to complete the work and homework set before the due date. She is becoming more confident during online classes and is responding and giving her opinion. She has been flexible in her learning and can easily adapt to change during this uncertain time. We all wish her a great learning journey ahead and well done!



**SECONDARY**

The Star of Week Award goes to Valerie Tan Ci En from year 10 Respect. Valerie is a proactive student in the class and consistently produces work that is intelligent and of a high standard. Her enthusiasm is laudable. In chemistry, she asks thought-provoking questions. This week she identified a mistake in the balancing of a chemical equation in a Cambridge published material. In biology, she participates in all tasks regardless of her skill level. She has impressed this week with her exploration and presentation of current events in Israel in GP. In economics, she grasps the concepts taught during lessons. We all wish her a great learning journey ahead and well done!

**STAR OF THE WEEK**



**Valerie Tai Ci En**



Dear Parents / Guardians;

Thank you to those of you who attended our Milepost 1 and 3 Exit Point this week. I was thrilled by the way the students presented their work so creatively and demonstrated their understanding their learning journey. This was evident in the way they they were able to present their work so confidently. Kindly take note, there will be a Coffee Morning session for Early Years and Milepost 1 on the 2nd June and I hope to see many you there.

Secondary students are continuing with learning and preparation for the term end examinations. Our Year 9 students have started their IGCSE journey whereby the teachers of English, mathematics and science have started the Year 10 syllabus. Their term end exams for term 3 will also be geared more towards IGCSE types of questions..

As we are unsure if the school will be physically opened on the 8th June, after much consideration we have decided to postpone the Term End Exam for Term 3 by a week to 14th June - 18th June (Year 1- Year 9) and 14th June - 23rd June (Year 10). This is to cater for possible physical exams. In case of no changes to the current situation, we will be making arrangements for online examinations instead. I will be able to provide more detail in a separate mail next week.

We are monitoring the situation closely to see what will be possible on 8th June for our students. Rest assured that we will act in the interest of safety and a sustainable safe return in our decision making and that, as always, families will receive timely updates and full information based on the directives given by MOH and MOE.

We value your feedback. Please email us at [principal.puchong@rafflesia.edu.my](mailto:principal.puchong@rafflesia.edu.my) if you have any queries or concerns. I hope you and your families remain safe and well. Thank you.

Regards,  
Chandra Veerappan





This week in Malay lessons, students learned the topic "My Family". They are now able to refer to family members using Malay words.



# Reception



**This week in Malay lessons, students learned the topic “Food and Drink”. They are now able to refer to healthy and unhealthy food using Malay words.**



## ART: Toy Story#1



SKYLER

Students create artworks of toys that simulate travel. They used shapes, forms, textures and colours to give their drawings a sense of artistic appeal.



FREYA



JAVEN



MIKAIL





*Students practised their basic skills in still life cubism by breaking down an object into basic geometrical shapes. Students demonstrated a basic understanding of shapes and forms in relation to their subjects. Students were introduced to drawing software as a tool to create their artwork.*







CLARA



TAN QI YUAN



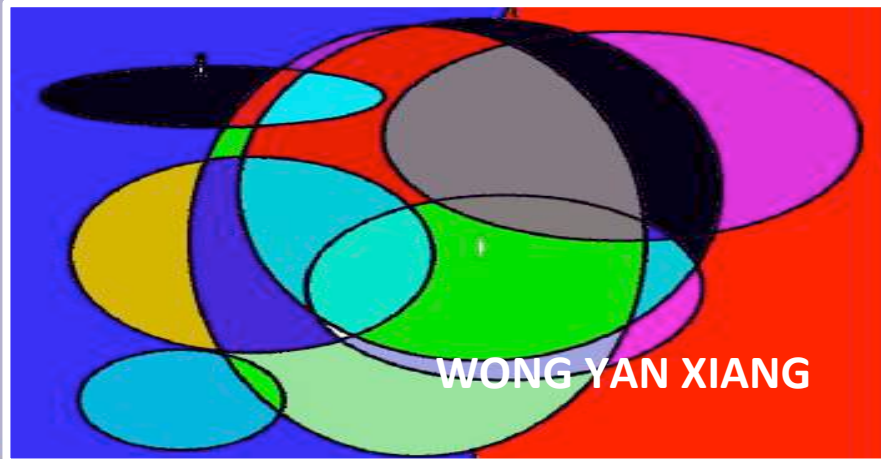
HALEY



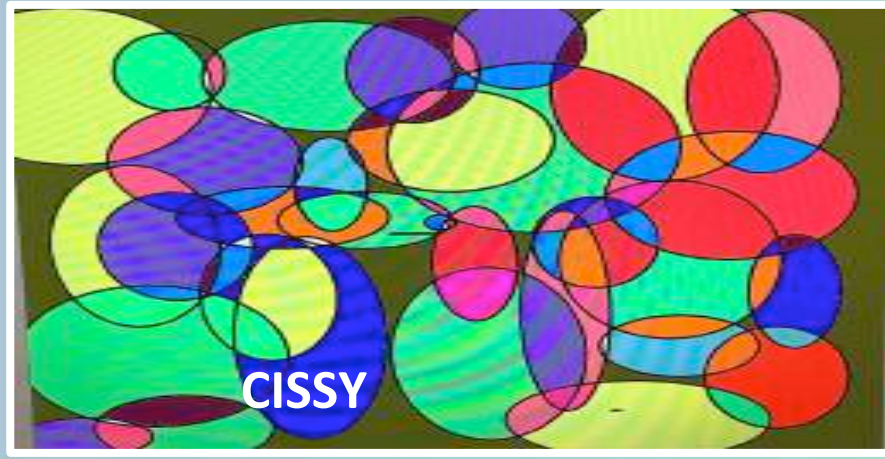
TAN QI YUAN



WONG YAN XIANG



CISSY





Students practised simple sentence patterns in Chinese.

7D. 园丁会种花。  
9A 我要吃云吞面。  
13A 我要吃云吞面。  
14C 树上有小鸟。  
15D 园丁会种花。  
D17 大家分工合作,把课室打扫干净。  
D18 警察把那两个人都抓起来了。  
D19 奶奶喜欢看这个演员演戏。

Seow Yen Yi

B. 6 F 今天天气是晴天。  
8. B 他是园丁。  
9. A 我要吃云吞面。  
C 11 B 今天是我的生日,我和家人到公园去玩。  
12 E 蓝蓝的天空有小鸟在飞。  
14 C 这家咖啡店有什么特别。

Carrie Anne

C: 11. 今天是我的生日,我和家人到公园去玩。  
12. 蓝蓝的天空有小鸟在飞。  
15. 过年时大家互相说“新年快乐”  
D: 17. 大家分工合作,把课室打扫干净。  
18. 警察把那两个人都抓起来了。

Ho Zhi Qi



Students described the animals they like. A student used the poem to design a Mother's Day greeting card



博美犬

博美犬的耳朵又圆又小。  
而博美犬的脸又圆又蓬松。  
博美犬脚小小的。  
博美犬的尾巴蓬松而圆润。

BY: YAN TONG



兔子

我最喜欢的动物是只小兔子。它有可爱的耳朵。兔子通常都会蹦蹦跳跳的。兔子是草食动物。

萧元杏 SEOW YEN XIN



PANG NUO YANG  
彭诺阳

我喜欢老虎，因为它有尖尖的牙齿。  
它和我也很喜欢吃肉，  
也很喜欢睡觉和休息。



北极狼

它有白色的皮毛和锋利的牙齿。

胡巧璇 ANNABEL AN QIAO XUAN



妈妈 妈妈

为车子吟  
慈母手中线，  
游子身上衣。  
临行密密缝，  
意恐迟迟归。  
谁知盘中餐，  
粒粒皆辛苦。  
报得三春晖

我愛你!

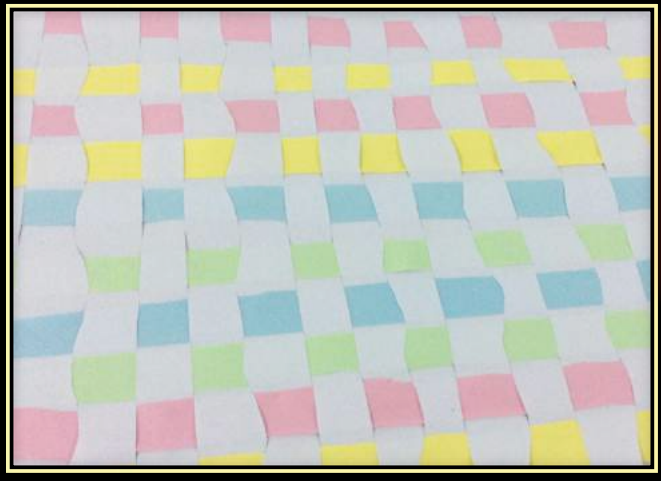
KYRA NGAN ZIXI



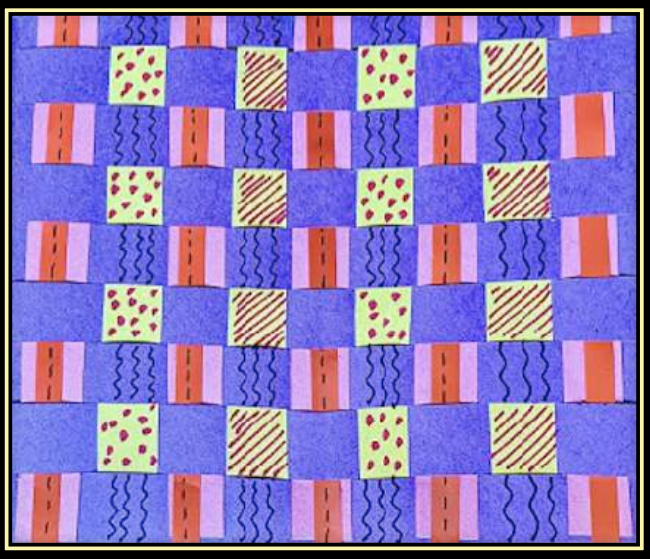
# Year 5: Art

## Paper Weaving

Students learned how to do patterning with the basics of weaving by making this paper weaving.



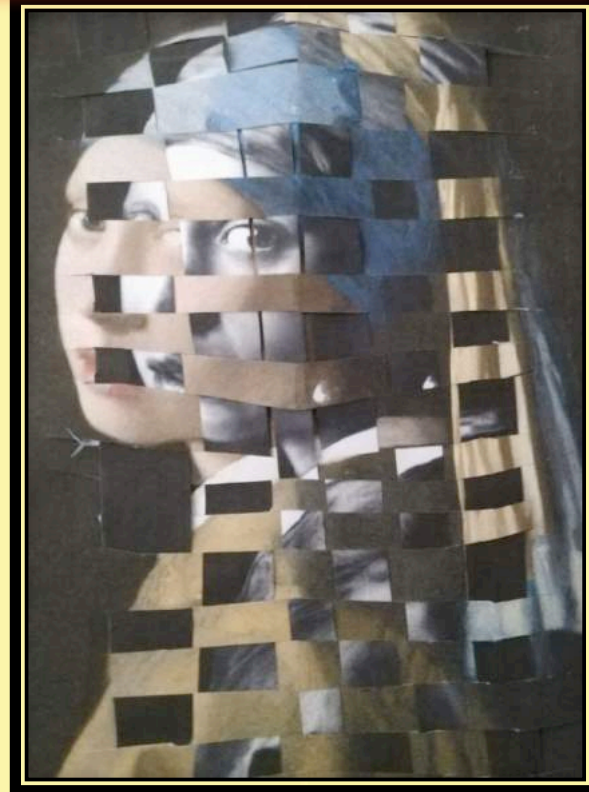
**Arianna Yip Kit-Ean**



**Ksiniya Mikhaylova**



**Tee Rui Jie**



**He YuXuan**

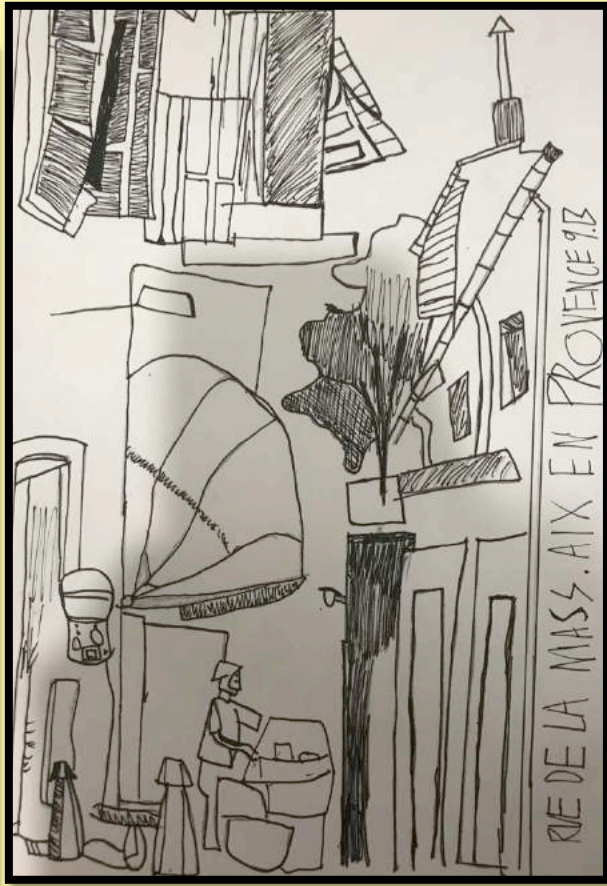




**Line drawing:** Several techniques of layering marks are used to create the necessary transitions in shading. For this drawing, students use pens of various sizes to produce different line sizes.



**Song Joo Eun**



**Wan Katrina Amani**



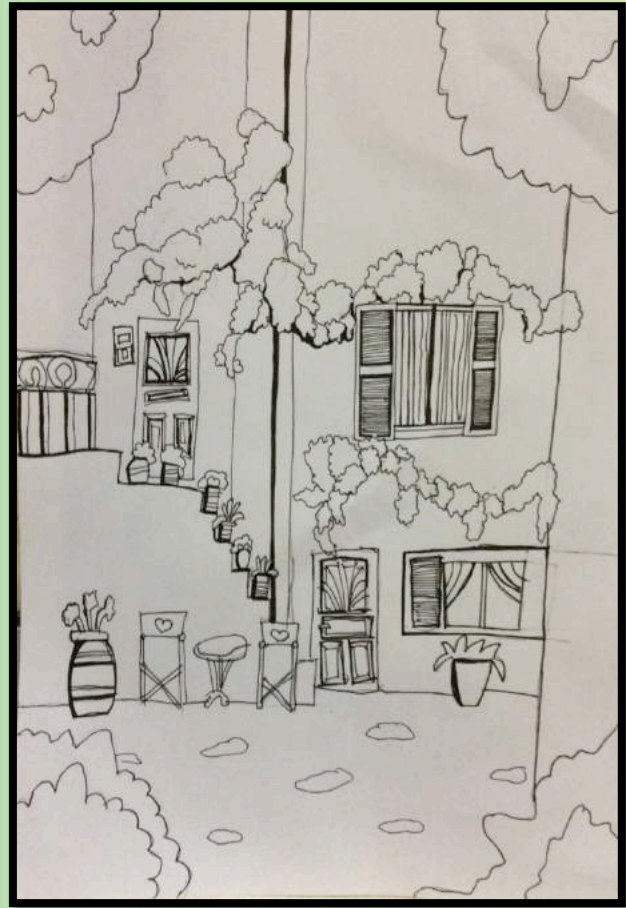
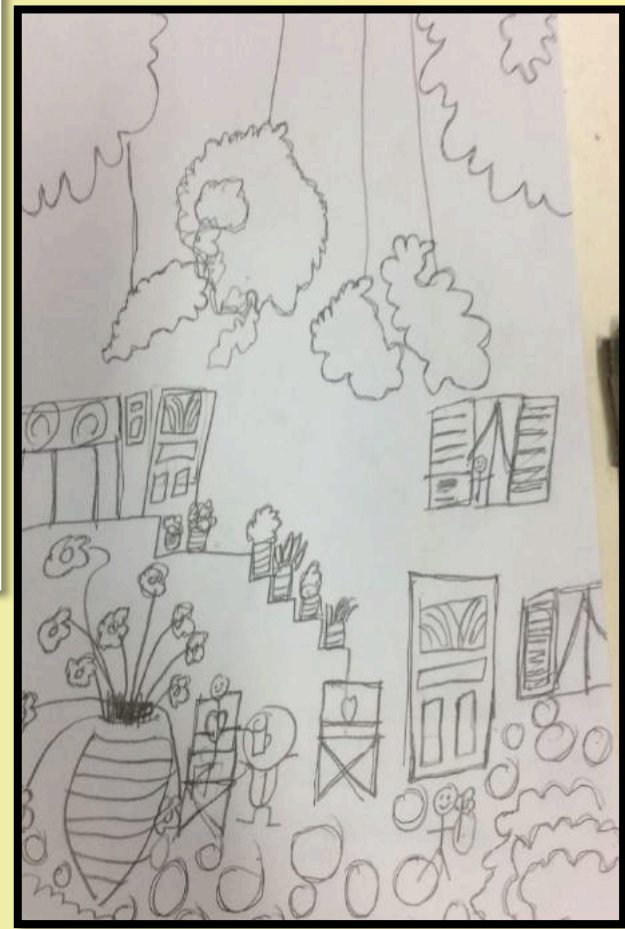
**Pang Ruo Qing**



Jarvis Tadhg  
Crompton



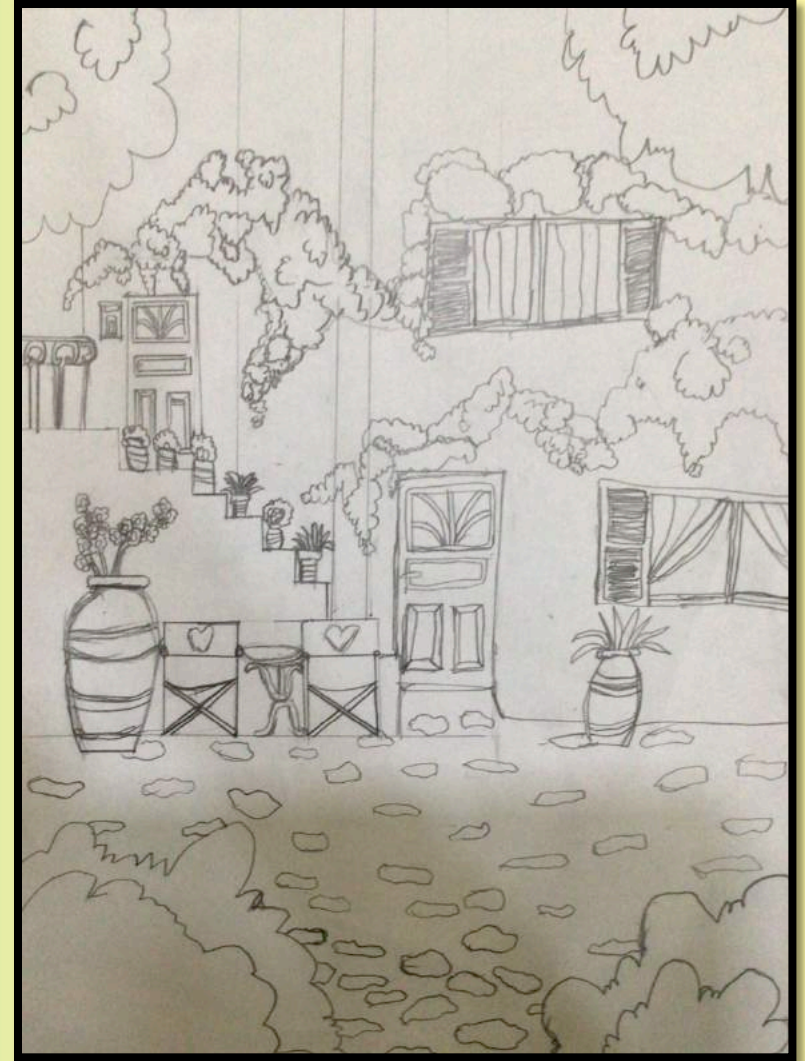
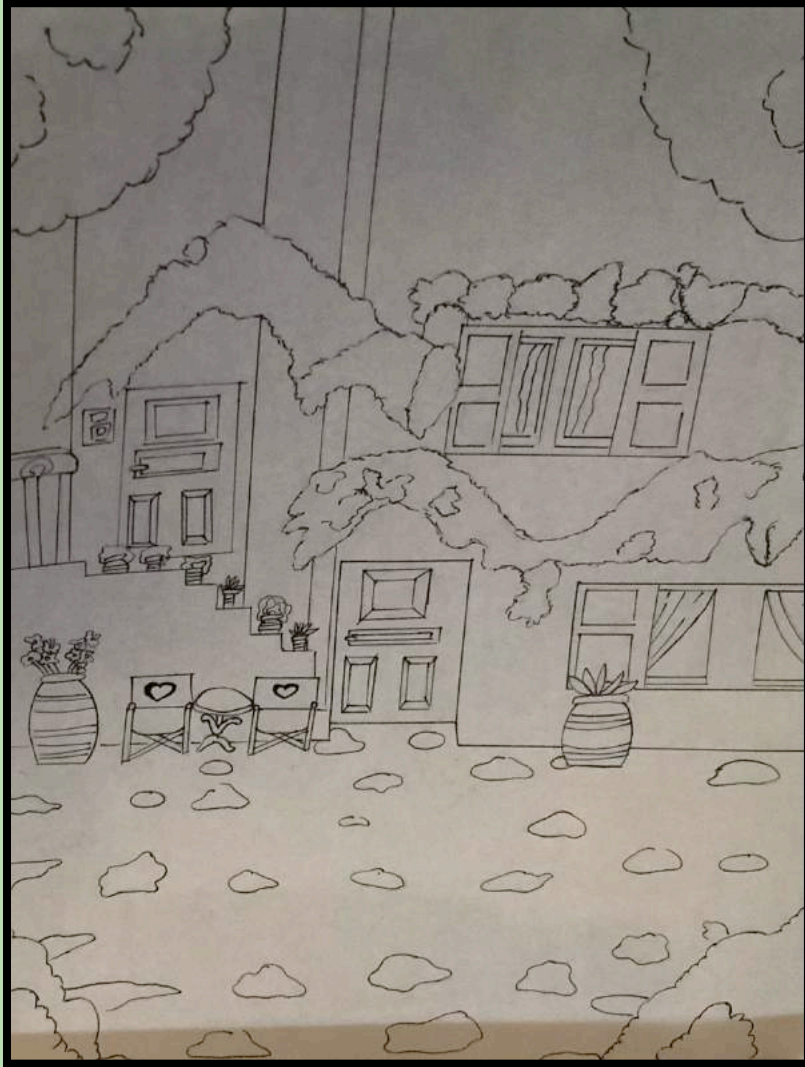
Ho Meng Hin



Li You Ran



**Raneea Syed Rusliza Abdul Qadir**



**Qi Ming Thoo**



# YEAR 7: Malay

Students were able to write 15 verbs that they use in their daily lives and were able to complete some related exercises.

Pearl

Kata kerja (verb)  
- Bermaksud menunjuk kepada perlakuan atau perbuatan (action)

Contoh:

1. Makan (eat)
2. Bermain (playing)
3. Menulis (writing)

Tulis 15 kata kerja yang anda tahu dengan bermaksud Bahasa Inggeris

1. Menendang (kick)
2. Tidur (sleep)
3. Memotong (cut)
4. Mencuci (wash)
5. Menyanyi (sing)
6. Rehat (rest)
7. membuka (open)
8. bersenam (exercise)
9. menyusun (arrange)
10. berjoging (jogging)
11. Mandi (shower)
12. menangis (cry)
13. beripian (walk)
14. berlari (run)
15. Jatuh (fall)

Lim Jing Yan

Latihan 4  
Pilih jawapan yang sesuai dan isi tempat kosong yang disediakan.

~~membuka~~ ~~dibeli~~ ~~menghadiahkan~~ ~~menempah~~  
~~mencolong~~ ~~ditutup~~ ~~berbincang~~

1. Ayah menghadiahkan sepasang kasut bola kepada abang. ✓
2. Delia telah mencolong buku kepunyaan kakaknya. ✓
3. Sofa yang baru dibeli itu empuk dan selesa. ✓
4. Daen sedang berbincang mengenai susun atur perabot di rumah barunya. ✓
5. Mak Siti berjaya membuka sebuah kedai makan di Kampung Sentosa. ✓

De Mi Foo

Kegiatan yang melelahkan badan. ✓  
Kawasan kejiranan yang luas dan cantik. ✓  
Membantu ibu di dapur. ✓  
Bersedia untuk pergi ke sekolah. ✓  
Aktiviti yang mengeratkan hubungan. ✓  
Mengulang kaji untuk peperiksaan. ✓  
Aktiviti bersama rakan-rakan di padang. ✓  
Mengikuti kelas bahasa. ✓

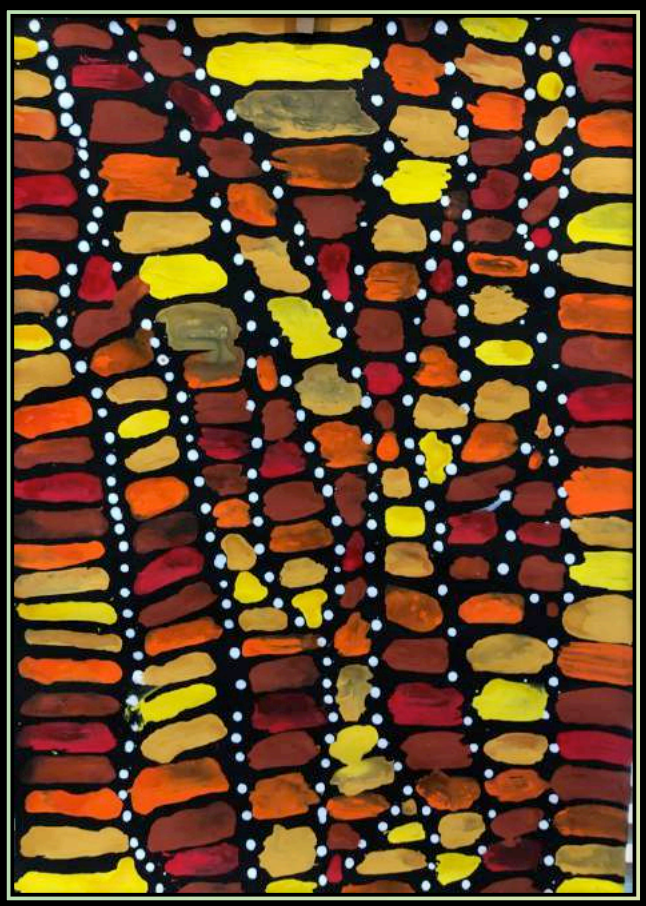
G ✓  
 B ✓  
 H ✓  
 D ✓  
 F ✓  
 C ✓  
 E ✓  
 A ✓





# YEAR 8: ART

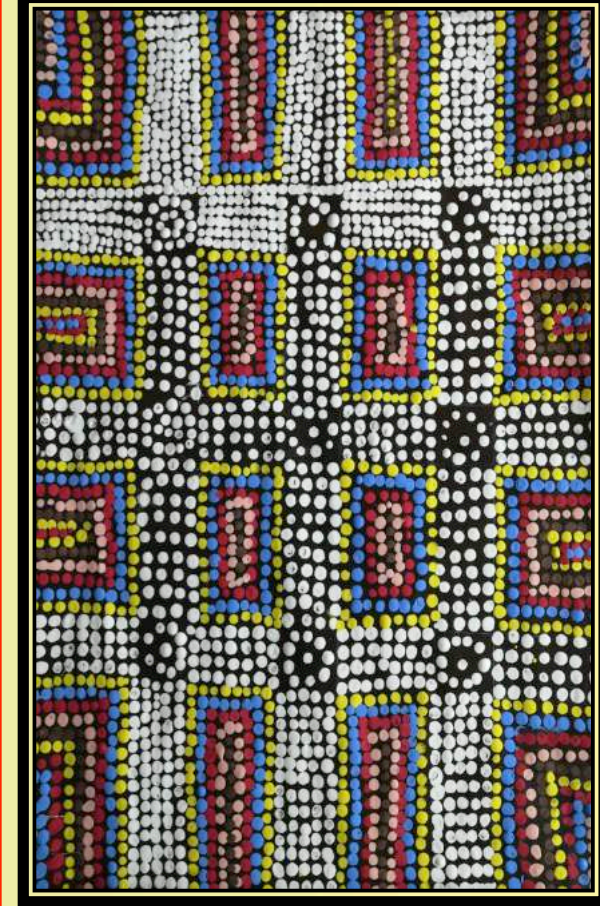
**Aboriginal:** Students created their own pattern and they used dots to fill in their designs.



Jin Xen Khow



Valeriya Makagonova



Yin Jye Joey Lim

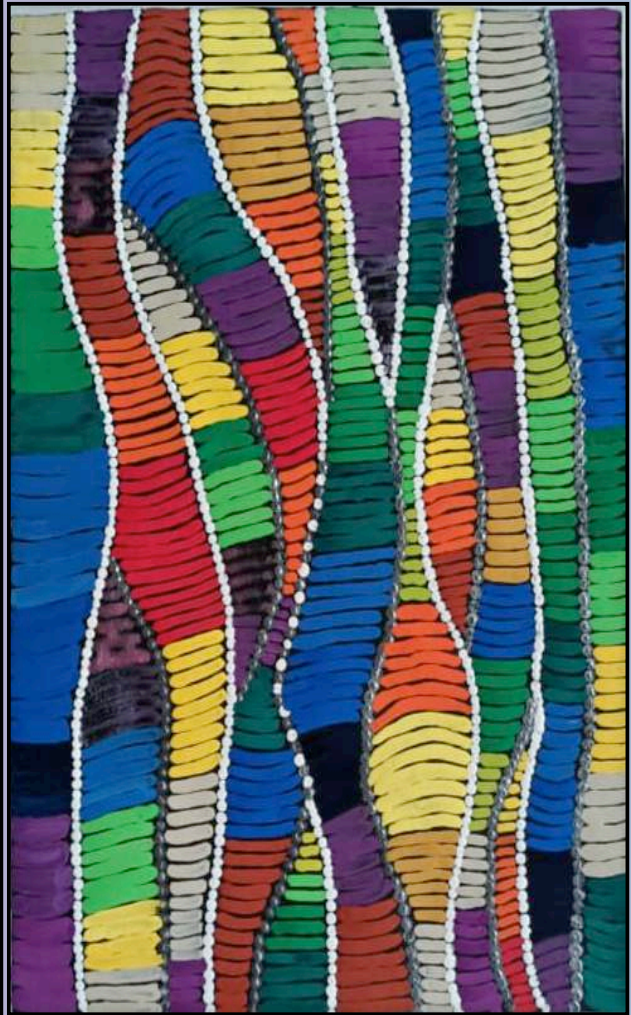




# YEAR 8: ART

## Aboriginal

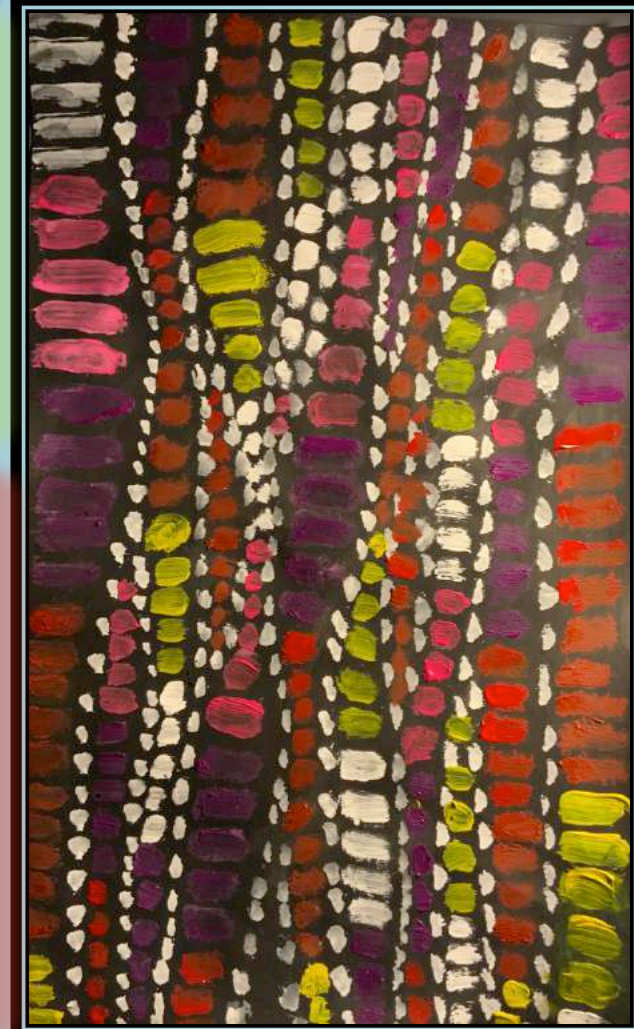
Students created their own pattern/design and they used dots to fill in their designs.



**Sharvenraj Raja Segaran**



**Khoo Cheng Keat**



**Maximus Deloria Abrahan**



# Year 9 Science

Students were asked to create a poster demonstrating their knowledge of MRS. GREN and the results were FANTASTIC! See Below!

## 7 Life Processes of a Giraffe

**Growth**  
Giraffes takes around 4 years to grow. They grow around 3cm tall each day for the first week of their life, then continues to grow double their height in the first year.

**Nutrition**  
Giraffes are herbivores. Giraffes eat plants that gives them the nutrition they need to live healthily.

**Reproduction**  
Giraffes' pregnancy usually lasts up to 15 months with 2 years gap between each birth. They usually get pregnant during the age of 5 - 7 years.

**Movement**  
Giraffes moves/walks around to find food and to protect itself from danger.

**Respiration**  
Giraffes breathe in oxygen and releases carbon dioxide just like humans. The oxygen they breathe in reacts with food to produce energy for movement.

**Excretion**  
Giraffes excretes like how humans excretes. All the unwanted wastes are transported to the kidney and are removed through the urethra.

**Sensitivity**  
Giraffes have 5 senses: smell, taste, touch, sight and hearing. They need these senses to protect themselves from danger.

By Nik Nur Anisa Binti Nik Ahmad

## 7 Characteristics of Living Things

**Respiration**  
Tigers perform aerobic respiration. They use glucose in order to release energy. In respiration, oxygen is also converted into carbon dioxide in gaseous exchange.

**Sensitivity**  
A tiger's ears and whiskers allow it to sense the things around them. Their rotatable ears help them hear their prey. Their whiskers help them to detect the environment around them when it is dark and cramped.

**Excretion**  
Tigers excrete waste which comes from the food they have already digested and taken in the nutrients, vitamins and minerals. Faeces and urine are the toxic waste products not needed by a tiger.

**Reproduction**  
Tigers are able to reproduce fertile offspring when bred with a tiger of the same species

**Growth**  
Tigers grow because they get more and more cells made. They become bigger and bigger over time, after being born as a small organism.

**Nutrition**  
Tigers eat meat to gain energy or for cell production and prevention of deficiency diseases. They are carnivores.

**Movement**  
Tigers use their limbs to move. They run to catch their prey or walk to another area. They are able to move their entire body.



## Reproduction

To mate, a male sea turtle will climb onto a female sea turtle's back while she is swimming horizontally in the water. They reproduce by laying eggs into a nest dug in the sand.

## Movement

Most turtles have webbed feet and flippers. They move very slowly and laboriously, dragging themselves forwards with their flippers.



**7 characteristics of living organisms of turtles**



## Excretion

Turtles excrete urea through their mouths.

## Respiration

cloacal respiration, and it's not so much breathing as just diffusing oxygen in and carbon dioxide out, but the fact remains: when turtles hibernate, their main source of oxygen is through their butt.

## Growth

When a turtle is between the ages of 5-10, it will grow 8mm per year. From age 10 to 15, the turtle would then grow at a rate of about 2.5 mm (0.2 cm) per year. However, it will reach full maturity when it reaches to the age of 5-8.

## Pandas seven characteristics

### Panda's nutrition

A panda's daily diet consists almost entirely of the leaves, stems and shoots of various bamboo species.

### Panda's movement

Unlike other bears pandas move slowly even if they move they also move very less

### Panda's excretion

They have the same excretion system as any other mammal which includes us humans

### Pandas sensitivity

According to scientist pandas have amazing hearing they can hear to a ultrasonic range and it also has one of the strongest nose among the mammals



### Panda's respiration

Panda's are mammals they breathe like us they use their lungs to take in oxygen and expel carbon dioxide.

### Panda's growth

A newborn panda is born pink. After one day it can only crawl. About a month the cub will look like an adult and has a tail. After 3 months it will be able to walk and after 5 months or so it can finally survive on their own in the wild

### Panda's reproduction

Breeding only happens when panda's are about 4 to 8 years old. They only breed once in spring.

# WOLF

### Growth

Young pups start off drinking milk from their mother, but around 5 to 10 weeks they will start eating food. At six months, wolf pups become hunters, and at 2 years old they are considered adults.



### Nutrition

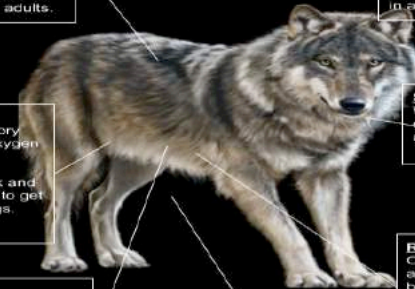
Wolves are carnivores, they eat other animals such as deers and moose. Adults can eat 20 pounds of meat in a single meal.

### Respiration

A wolf uses its respiratory system to breathe in oxygen and to let out carbon dioxide. When a wolf's diaphragm moves back and forth, breathing occurs to get air to and from the lungs.

### Sensitivity

Wolves are capable of emotion. They are intelligent and highly sensitive animals.



### Excretion

Wolves excrete just like other animals. Carbon dioxide and water vapor from the lungs, water in the form of sweat through skin and water through the kidneys.

### Reproduction

Only top-ranking alpha male and female in each pack breed once each year. Wolves can live 13 years and can reproduce past 10 years of age.

### Movement

Wolf travels at a lops. Wolves can briefly run at speeds of up to 35 miles per hour when chasing prey.





Students in Global Perspectives were asked to select a current news event that was significant at a global level and explain the key facts, causes and consequences. Combined they selected a wide range of interesting news stories to report on. Below are some extracts from their presentations.

Incidents of hate against Asians have been rising ever since the Covid 19 outbreak. The hate crime data for 2020 has not yet been released but hate crimes were the highest in 2019.

During late 2020, the United Nations reported “an alarming level” of racially motivated violence and hate incidents against Asian Americans and this includes attacks on people of Asian descent and the businesses run by them.

Stop AAPI Hate has reported 2,800 incidents of Asian Americans and Pacific Islanders hate crimes in the US last year.

Ho Pei Shuan, Jesselyn





## - BREAKING NEWS -



# Crypto market crash

In February, Bitcoin prices hit a new record after Tesla revealed that they had invested 1.5 billion dollars into the cryptocurrency and would soon be accepting Bitcoin as a payment for Tesla cars.

Right after Tesla made the announcement, the Bitcoin price reached its highest value, increasing the price to a 15% mark-up. At this time, Elon Musk also promoted Dogecoin, which also spiked in value.

However, last Wednesday, Tesla decided not to accept any digital currency as payment for cars, which meant that Tesla would not allow people to buy cars using Bitcoin. Elon Musk announced that “cryptocurrency is a good idea and they believe that it has promising future, but this cannot come at a great cost to the environment”; it means that Bitcoin might not be environmentally friendly because it requires electricity generated using fossil fuels. Elon Musk also added, “Tesla will not be selling any Bitcoin”.

After this incident, the cryptocurrency dropped quickly by as much as 15% in a day and hit a low of \$45,700.

Wong Xin Ru



# Year 11 : ICT

Students have been completing revision exercise sets consisting of past year questions as a preparation for the IGCSE exams.

9. Autonomous vehicles are being tested on some of the world's roads. These vehicles can travel in convoys with each vehicle following the one in front with a set distance between them. The whole operation is computer controlled. If the vehicle in front slows down, then the following vehicle also slows down to maintain the distance between them. A proximity sensor is used to detect how close the vehicle is to the vehicle in front. Describe how the microprocessor would maintain the set distance between the vehicles. (Chapter 6)

**Wong Joey**

Firstly, the proximity sensor in front of the car measures the distance of the car and the car in front. If the distance maintains the same, the microprocessor will instruct the engine to continue moving at the same speed. Secondly, if the distance between the car starts to decrease, which means that the car in front is slowing down, the microprocessor instructs the engine to decrease its speed until the distance return to the default set value. Lastly, if the distance between the car starts to increase, which means that the car in front is speeding up, the microprocessor instructs the engine to increase

14. Email is a common way of communicating with other people. Netiquette is associated with emailing. A headmistress of a school has asked the network manager to produce a document listing netiquette rules the staff and students should follow when sending emails from the school. Describe, giving reasons, three rules that he could produce. (Chapter 10)

The network manager could produce the first netiquette rule - not to send spam. Spam messages are annoying to the user as the same email is being sent multiple times and it can also clog up the user's inbox or overlap with important emails that the user might miss. The second rule - don't be abusive. Emails sent to people cannot contain any verbal violence because it is very rude and it might actually scare the user who receives the email. The third rule - be clear with the message you sent. This is important because emails are supposed to be short and easy to understand.

**Lee Jia Ai**





## The importance of Self-discipline



### Prevention of the spread of covid-19

Self-discipline is essential when it comes to the prevention of the coronavirus. Having self-discipline, one will maintain social distance with any living entity. One will also wear masks in a proper way and carry out all the other safety precautions, preventing the spread of the covid-19.

### What is self-discipline?

Self-discipline could be identified as the ability to focus intently on a task or goal with the purpose of achieving a certain result. It also enables you to stay in control of yourself and of your reactions in any situation.



SELF-DISCIPLINE

### Achieving extraordinary results

Self discipline is crucial when it come to studying. Having self-discipline, you will prepare sufficiently for your exam. Not only does this mean you will feel less stressed out during exam seasons, it also means you are fully equipped to score high on your papers.

### Keeping healthy

To attain a healthy lifestyle, self discipline is the key. With self discipline, you focus on having a balanced diet. You also endeavour to get a sufficient amount of sleep and an adequate amount to exercise. With this fire of self discipline burning within you, you will acquire a healthy lifestyle in no time.





# Pastoral Care Article

## 5 Science-backed ways to take better care of yourself

### ❖ Is me-time missing in our schedule?

Practising self-care isn't always easy. Most of us are crazy busy, have [stressful](#) jobs, or are too consumed with technology to make time for ourselves. Me-time is usually last on the agenda. Worse, we can sometimes feel guilty about taking the time required to take care of ourselves.

### ❖ Engaging in self-care is caring for our children and our family

[A 2019 study](#) found that student nurses may neglect their own health and wellness needs while training to look after others — and this might, in turn, reduce their effectiveness when providing care.

When we take good care of ourselves, we're likely to see an improvement in many aspects of our lives, including our physical health and relationships. And this puts us in a better position to care for people we love.

### ❖ How to engage in self-care?

The good news is that you have started your self-care by reading this article itself. Now, you need to be consistent in it. You can choose one or two of the actions from the list on the right and be determined to it.

#### (1) Get enough Zzz's

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep. What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake.

#### (1) Stress less

By now, we all know that stress is really bad for our health. Research suggests that stress [may be contagious](#), and the more stressed we *think* we are, the worse it might be for our heart health.

#### (1) Take care of yourself by taking care of your gut.

Your gut health can have a significant impact on your health, well-being, and feelings of vitality. The types of foods you eat crucially impact the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes. [Healing the gut](#) can lead to an unhappy person, and vice-versa.

#### (1) Try an outdoor workout

Research shows that working out in the Great Outdoors boosts self-esteem more than indoor exercise, especially for people with mental health difficulties. Another study found that outdoor exercise makes people feel more revitalized and energetic, as well as less tense, confused, depressed, and angry.

#### (1) Take care of yourself by getting organized.

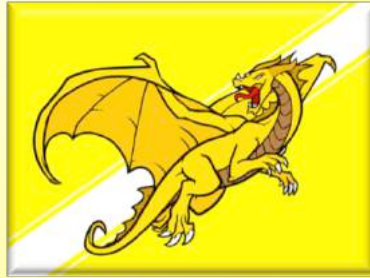
Getting organized is often the first step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments,

**Having me-time to pursue health and happiness is not being selfish and it is essential for our well-being.**

# Sport House Points

**Total: 3636**

Merit Points for  
the week: 189



**Total: 4926**

Merit Points for  
the week: 229



**Total: 2956**

Merit Points for  
the week: 101



**Total: 3458**

Merit Points for  
the week: 128

