



# Newsletter

**NEWSLETTER 2020/21  
TERM 3, WEEK 1**

## PRIMARY

The Star of Week Award goes to Chua Wen Hong from Year 2 Respect. Wen Hong is very enthusiastic about school and is always cheerful. He has a keen interest in the non-fiction genre and he writes particularly well. He consistently strives to submit work of a high standard. Wen Hong is responsible and is frequently among the first to help and mentor other peers. He is confident, positive and a great role model for his peers. We all wish him a great learning journey ahead and well done!

## STAR OF THE WEEK



**Chua Wen Hong**



**SECONDARY**

The Star of the Week Awards goes to Wong Qing from year 8 Respect. She is a proactive member of the Prefects' Board and carries out her duties with care. Qing is a hardworking student who is making good progress in English. Ms. Yvonne is particularly impressed with the quality of the Haiku poetry she produced this week - her poems were carefully crafted and very evocative. In GC, she is a friendly, self-confident and hardworking student who fully involves herself in all tasks set. She shows great kindness to her peers and is generous with her time, always willing to help and support them. A true role model! We all wish her a great learning journey ahead.

**STAR OF THE WEEK**



**Wong Qing**



Dear Parents,

Welcome back to school and the last term of the academic year. We hope all of you had a refreshing break and managed to spend quality time together as a family.

The spread of Covid 19 virus is on an upward trend yet again. We need the support of parents and for you to show consideration about the well being of the school community as a whole by being taking the responsibility for informing the school if any of your family members have been in contact with any positive cases. We are taking strict measures and using a rigorous cleaning process on a daily basis at the school. It is only with parental cooperation that we can ensure the highest possible levels of safety for our school community.

A 10 day self-quarantine period remains in place if:

- you, your children or any member of your immediate family have been tested positive for Covid 19 or classified as being in close contact with a positive Covid 19 case
- You have received an alert from MySejahtera application about the need to quarantine due to the cases at the places you have visited
- Your child/ren have a fever ( $>37.4^{\circ}\text{C}$ ), flu, cough and sore throat. Please keep your child/ren at home if they are unwell.

If students or staff fall into any of the above categories, they must obtain a doctor's clearance letter before returning to school. As of Thursday we have started to serve food in the classrooms and students will be still given the options of the menu as usual. We are taking strict measures and ensuring a thorough cleaning process on a daily basis at the school. We need your support to constantly remind the your child/ren about the importance of hygiene, wearing a mask at all time and, most importantly, maintaining their social distance.

We value parental input for a child's growth as it's a joint effort between parents and the school. You can send your concerns to: [principal.puchong@rafflesia.edu.my](mailto:principal.puchong@rafflesia.edu.my) or your child's homeroom email for effective communication.

Thank you for your continued support.

Regards,

Ms.Chandra Veerappan





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INTERNATIONAL & PRIVATE SCHOOLS

# Nursery

TRADITIONAL VALUES • GLOBAL VISION



During the English lesson, students were involved in a prepositions game to help them develop gross motor skills, fine motor skills, vocabulary and visual discrimination. The three main positional words they learnt were: in, on & under.



# Reception



During the English lesson, the Reception children were able to identify and fill in the missing vowels and blend the CVC words! Well done!





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# Reception

TRADITIONAL VALUES • GLOBAL VISION






In the computer lab, we had the chance to use a computer. We practised using a mouse, keyboard and a big screen. We explored different colours and shapes in Paint.





We learned how to use Google Search engine and clicked to choose one image.



①  Safari

②

③ Google

④ All  Maps  
click

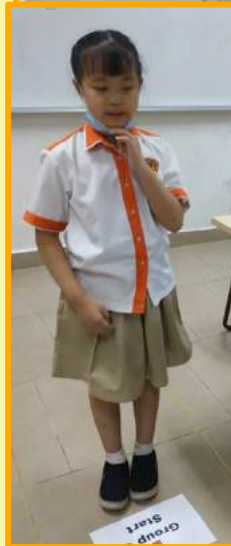






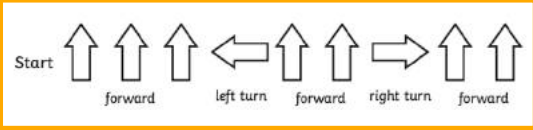
# YEAR 2 ICT

The students had fun treasure hunting by writing out instructions. This unplug activity allowed students to understand how to create a specific algorithm to control the computer.





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TRADITIONAL VALUES • GLOBAL VISION



YEAR 2 ICT



**STUDENTS CONSTRUCTED SIMPLE SENTENCES INDEPENDENTLY DURING THEIR BAHASA MALAYSIA LESSON**

Bina 5 ayat berdasarkan gambar yang diberi.



1. Ini Pen saya ✓
2. Ini Pen merah ✓
3. Saya suka Pen saya ✓
4. Pen Ini cantik ✓
5. Pen Pen ✓

(10/10)

**CLYDE**

(Bina ayat)

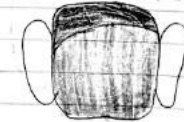


1. Ini kereta saya ✓
2. kereta saya besar ✓
3. kereta saya berwarna biru ✓
4. Kereta saya mempunyai empat tayar ✓
5. Harga kereta saya sangat mahal ✓

**CARRIE ANNE**

Lo: Bina ayat

1. Ini beg sekolah.
2. Beg ini berwarna ungu.
3. Beg ini besar.
4. ~~Beg ini Kepunyaan Ayla~~ ✓  
1. Ini beg sekolah.
2. Beg ini berwarna ungu
3. Beg ini besar.
4. Beg ini Kepunyaan (Saya) ✓



**AYLA NADIA**





**STUDENTS PRACTISED GRAMMAR DURING THEIR BAHASA MALAYSIA LESSON**

B Isikan tempat kosong dengan kata sendi yang sesuai.

daripada pada di tentang kepada sejak

- 1 Abang menerima hadiah daripada kawannya.
- 2 Ayah pulang ke rumah pada pukul 6.00 petang.
- 3 Sonia mengirim sepucuk surat kepada kawannya.
- 4 Adik keluar bermain di padang bola sejak pukul 5.00 petang tadi.
- 5 Malek dan Rashid berbincang tentang hal itu di bilik mesyuarat.
- 6 Murid-murid beratur di luar makmal sebelum masuk.

Siow Yen Xin

B Isikan tempat kosong dengan kata sendi yang sesuai.

daripada pada di tentang kepada sejak

- 1 Abang menerima hadiah daripada kawannya.
- 2 Ayah pulang ke rumah pada pukul 6.00 petang.
- 3 Sonia mengirim sepucuk surat kepada kawannya.
- 4 Adik keluar bermain di padang bola sejak pukul 5.00 petang tadi.
- 5 Malek dan Rashid berbincang tentang hal itu di bilik mesyuarat.
- 6 Murid-murid beratur di luar makmal sebelum masuk.

Lim Yan Tong

B Isikan tempat kosong dengan kata sendi yang sesuai.

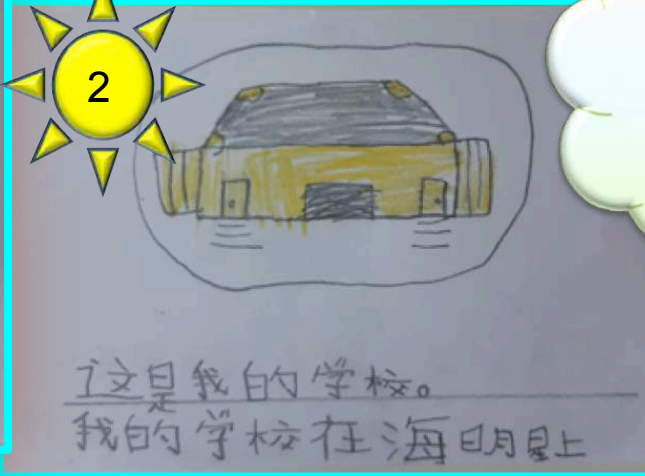
daripada pada di tentang kepada sejak

- 1 Abang menerima hadiah daripada kawannya.
- 2 Ayah pulang ke rumah pada pukul 6.00 petang.
- 3 Sonia mengirim sepucuk surat kepada kawannya.
- 4 Adik keluar bermain di padang bola sejak pukul 5.00 petang tadi.
- 5 Malek dan Rashid berbincang tentang hal itu di bilik mesyuarat.
- 6 Murid-murid beratur di luar makmal sebelum masuk.

Wong Jing



这是海明星

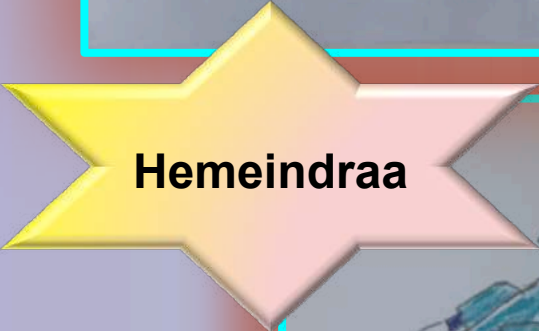


这是我的学校。  
我的学校在海明星上

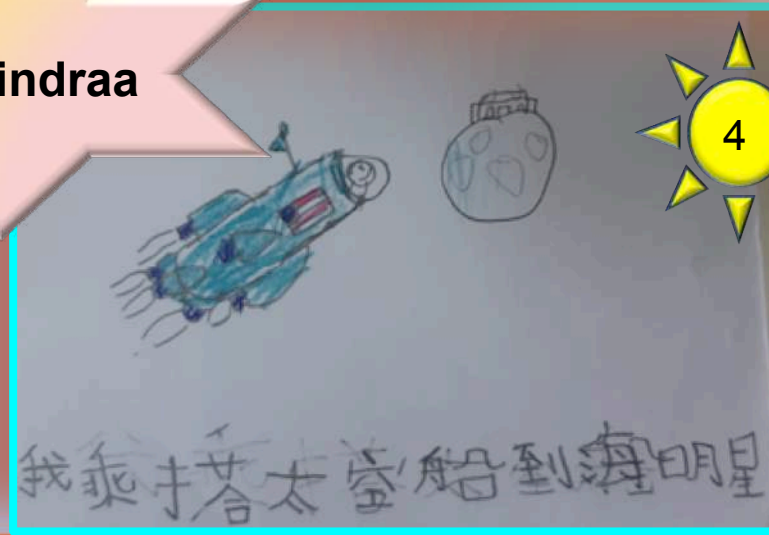
Project :  
My School on  
another planet.  
外星球上的学校



这是我的校服-太空月服。  
我每天都会穿上太空服



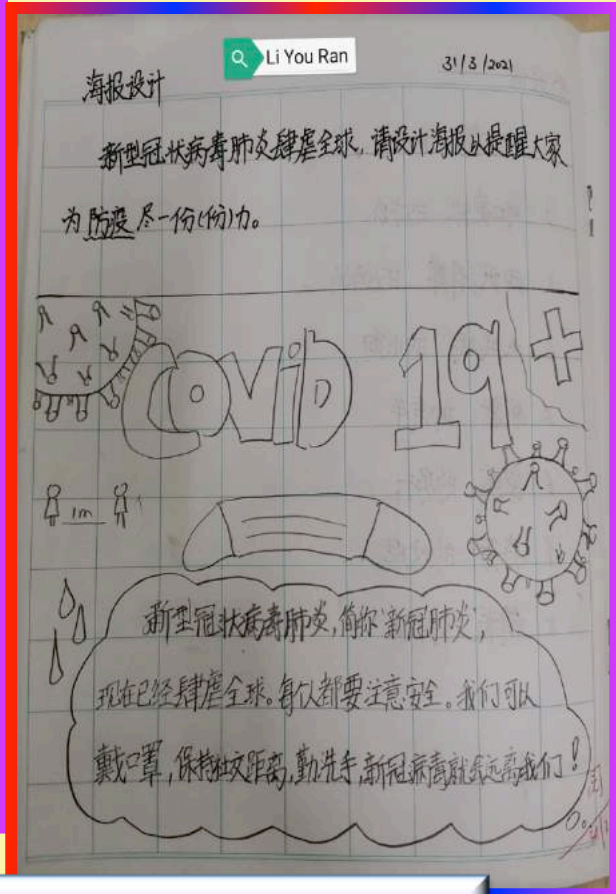
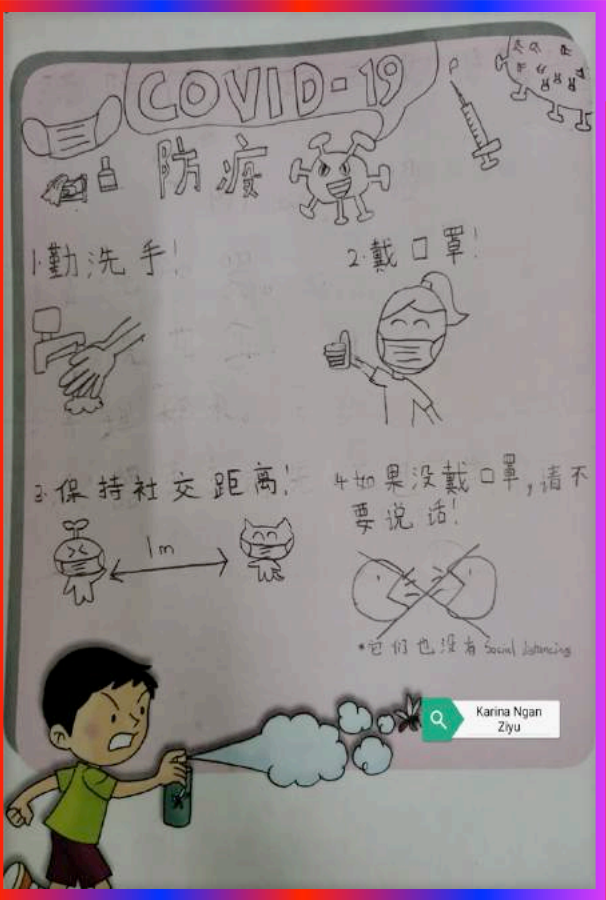
Hemeindraa



我乘坐太空船到海明星



# Year 6



Students designed posters to raise awareness of Covid 19 prevention.



# World Book Day - 23rd April

In order to celebrate World Book Day on 23rd April (which also happens to be the birthday of William Shakespeare), a few year groups from secondary level prepared displays about their favourite book they would recommend. Student used their own imaginations, creativity and ICT skills to present their favourite book by using their Macbook.

## Stan Lee

**About Stan Lee**

Stan Lee was an American comic-book writer, editor, and publisher, who was executive vice president and publisher of Marvel Comics – the top comic book company in the world. He created world-famous characters like Spider-Man, the X-Men, Iron Man, Thor, the Hulk, Ant-Man, the Wasp, The Fantastic Four, Black Panther, Daredevil, Doctor Strange, Scarlet Witch, the Black Widow, and Captain Marvel.

**Stan Lee iconic and famous comic books**

Best mystery book from the queen of mystery

## Agatha Christie

This book breaks with Christie's usual style with a string of murders with seemingly random victims.

This book has an exotic setting on a luxury train. There is a passenger who turns up dead and Poirot has to figure out which of the passengers on the train is responsible.

This novel takes place on a luxury cruise in Egypt where an heiress who is too beautiful, too rich, and too perfect finds herself a target of the other scheming passengers.

This book is known for its story where characters on an island are picked off one by one.

SOURCE



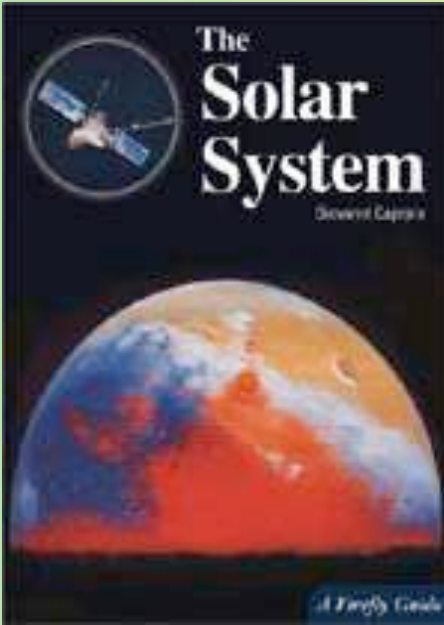


# YEAR 7: SCIENCE

Adrian Loh recommended this book:

Giovanni Caprara in his book “The Solar System” provides us with an up to date account of what we have observed in our solar system and demonstrates some of the physical processes taking place both now and at earlier times.

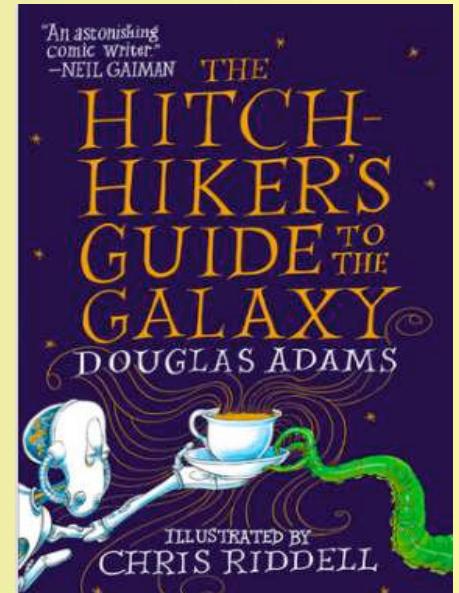
Caprara starts by presenting the most accepted methods for solar system formation and he continually returns to this when considering the formation of each of the planets. As interstellar dust and gas are the core building blocks there is a lot of room for variety. Perhaps what is more surprising is the quantity of similarities and patterns that result.



## The Hitchhiker's Guide to the Galaxy

BY: Douglas Adams

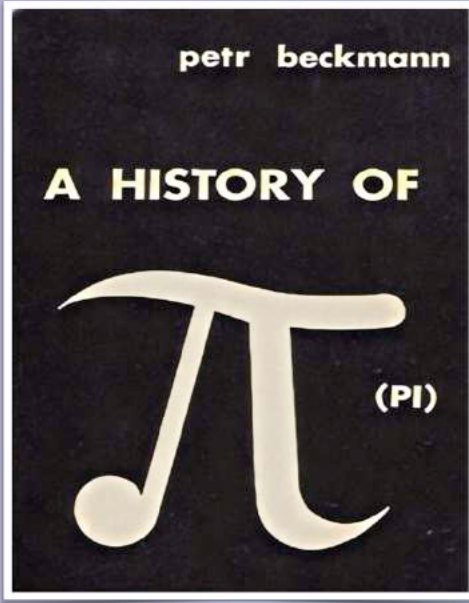
Arthur Dent's best friend Ford Prefect drags him away from Earth moments before its destruction. Arthur gets pulled into the universe headlong, following Prefect through the stars in an irreverent adventure with the president of the galaxy, his girlfriend, and a depressed robot.







# YEAR 8: MATHEMATICS



Khaw Jin Xen recommended this book:

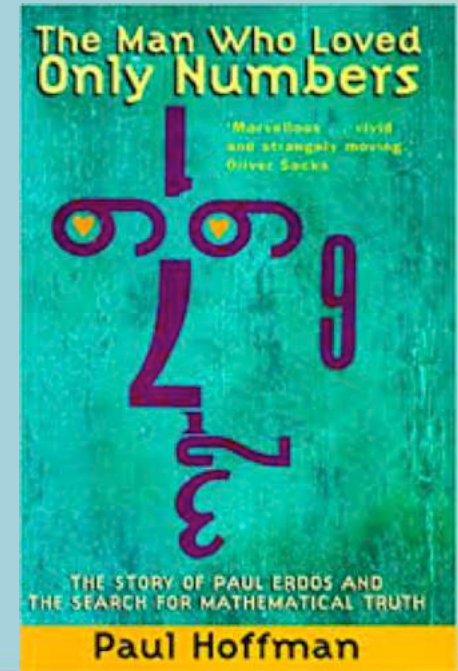
This book explains all about  $\pi$  and logic.

This book explains  $\pi$ , the 3 in 1 coffee of numbers.

$\pi$  has a multipurpose use in many applications. It is most prominent in space travel. To calculate an orbit or a Hohmann transfer requires  $\pi$ . It feels so fascinating that some mathematicians have dedicated their whole life to  $\pi$ .

Hadif Asyraf recommended this book:

An inspired biography about a Hungarian Mathematician, Paul Erdos (1913-1996) and how this man discovers mathematician techniques. He was born in Budapest on March 26 1913 and published seven books of his theories from his young years and teenage years, soon completed by a co-author. He studied maths for 9 hours a day and 7 days a week. He helped his friends who were struggling in hospital and helped using maths so he could think and be motivated. The book was published in 1998 by Paul Hoffman 2 years after Erdos's death in 1996. - Presented by Hadif Y8R.





## STAR WARS



An action pack series revolving around a civil war "in a galaxy far far away". The Rebels are fighting against the nefarious Imperial forces and their wicked leaders from the Galactic Empire, a tyrannical army intent on destroying civilizations across the universe.

BY: LIEW CHENG JIUN



## J.K. ROWLING



J.K. Rowling is also known as Joanne Rowling. She is a British writer, philanthropist, film producer, television producer, and screenwriter. She published many books for example, the Harry Potter series.

### Harry Potter Novel Series:



And more...





# YEAR 9 : MATHEMATICS

Students practised solving simple linear equations with multi-level online exercises. A linear equation is an equation in which each term is either a constant or the product of a constant times the first power of a variable.

$$5u + 1 = 31$$

$$5u = 31 - 1$$

$$u = 30/5$$

$$u = \boxed{6} \quad \checkmark$$

**Anisa**

Level 1: Simple equations where the solution can be found in two steps

$$3x + 4 = 2x + 9$$

$$3x - 2x = 9 - 4$$

$$x = 5$$

$$x = \boxed{5} \quad \checkmark$$

**Yee Yao**

Level 3: Equations including brackets

$$4(x - 3) = 2(x + 1)$$

$$4x - 12 = 2x + 2$$

$$4x - 2x = 2 + 12$$

$$2x = 14$$

$$x = 14/2$$

$$x = \boxed{7} \quad \checkmark$$

**Cheng Jiun**

Level 2: Equations where a multiple of the unknown and a constant are on both sides

$$3(5x - 8) + 10 = 16$$

$$15x - 24 + 10 = 16$$

$$15x = 16 + 24 - 10$$

$$15x = 30$$

$$x = 30/15$$

$$x = \boxed{2} \quad \checkmark$$

**Cui Shi**

Level 4: More complex equations requiring multiple steps to find the solution





# YEAR 10: BIOLOGY

These simple models represent the sequence of each organ in the digestive system. As students study the path of food through the digestive system, it is valuable to give them a more concrete sense of the functions of each part of the system using this simple model.

**Alimentary canal:** long tube running from one end of its body to the other.

**Types of Teeth:** Incisors (biting), Canines (tearing in carnivores), Premolars (grinding), Molars (grinding)

FULL NAME: April Yeoh DATE: 5/4/21 BIO #: \_\_\_\_\_

**Ingestion:** (Wound caused by bacteria) Antibodies: contains - Amylase → maltose, - water, - mucus, - enzyme amylase. **Salivary Glands:** All salivase bind together to form saliva and buffer it to slide down the esophagus.

**Mechanical Digestion:** Part by teeth in the mouth breaking large molecules into smaller pieces for lipase to digest them into fatty acids/glycerol. - makes bile, - bile made from **hepatocytes**, - bile helps fat digestion.

**Chemical Digestion:** - Broken by teeth and chewing movements of the alimentary canal. - Once pieces of food have been ground up, the large molecules are broken down.

**Esophagus:** (Spirated by epiglottis) - Swallowed by sphincter, - prevents food from moving up out of stomach.

**Trachea:** - Bronchus: loss of water/sweaty pores, Happens due to lack of water.

**Stomach:** - Stomach wall contains Goblet cells, - produce protease enzyme (pepsin), - contains hydrochloric acid (kill bacteria).

**Pancreas:** - several enzymes are made here, - Makes pancreatic juice.

**Assimilation:** Movement of digested food molecules into the cells of the body where they are used.

**Large Intestine:** - undigested food travel here, through the stomach, appendix and into colon.

**Small Intestine:** - 5m long, - villi (finger-like)

**Appendix:**

**MODEL LEGEND**

DIGESTIVE PROCESS	DEFINITION	COLOR CODED
Ingestion	Taking substances (e.g food, drink) into the body through the mouth	
Digestion	The break-down of large, insoluble food molecules into small molecules using mechanical and chemical processes	
Absorption	The movement of digested food molecules through the wall of the intestine into the blood or lymph	
Assimilation	The movement of digested food molecules into the cells of the body where they are used, becoming part of the cells.	
Egestion	The passing out of food that has not been digested, as faeces, through the anus	

April

**Diarrhoea:** → loss of watery faeces, → Not enough water is absorbed. **Caused by a bacterium, cholera.**

**Constipation:**

FULL NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ BIO #: \_\_\_\_\_

**Mouth:** - Mechanical digestion, - chemical digestion.

**Salivary duct:** - Salivary glands, - Saliva secreted, saliva, - Saliva contains amylase, - Produces saliva to be mixed with the food, - Amino acid liquid.

**Palate:** - Bolus of food.

**Epiglottis:** - Takes the bolus of food to the stomach, - Swaps food from going down the lungs.

**Chyme:** Partly-digested food, that moves from the stomach into small intestine.

**Sphincter muscle:** - A muscle surrounding a tube, which can contract to close the tube, - prevents food up and out of stomach.

**Stomach:** - Gastric juice made in the pits in wall of stomach, - Proteins (pepsin) → polypeptides, - hydrochloric acid to kill bacteria in food, - Milk protein → curdled milk protein.

**Colon:** Water and salt are reabsorbed (Small intestine).

**Rectum:** Store faeces (Small intestine).

**Anus:** release faeces, It has Caecum.

**Liver:** - Make bile.

**Gall bladder:** - Store bile, - Bile duct, Sphincter muscle.

**Pancreas:** - Produce pancreatic juice, - Pancreatic duct.

**Emulsification:** - type of mechanical digestion.

**Emulsion:** - Fat + water → fatty acids and glycerol.

**Small Intestine:** - Duodenum, - Pancreatic juice, - Bile juice, - Maltase, - Protease → polypeptides, - Fat → fatty acids and glycerol.

**Large Intestine:** - Caecum, - Water and salt are reabsorbed, - Mucus → glucose, - Lactase → glucose and fructose, - Lactose → glucose and galactose.

**MODEL LEGEND**

DIGESTIVE PROCESS	DEFINITION	COLOR CODED
Ingestion	Food is taken into the alimentary canal.	
Digestion	Large, insoluble molecules of food are broken down to small molecules.	
Absorption	The small molecules are absorbed into the blood.	
Assimilation	Movement of digested food molecules into the cells of the body where they are used.	
Egestion	Food which could not be digested or absorbed is removed from the body.	



# YEAR 10: BIOLOGY

FULL NAME: **Wong Kei Ru** DATE: **5<sup>th</sup> April 2021** BIO #: \_\_\_\_\_

*(Circular muscles contract, pushing the lower of the diaphragm equal smaller & expanding back towards)*

**Notes:**

- Esophagus:** upper contraction of muscles that upper part is tube. The wall of all esophageal wall contains muscles, which contract & relax to make food move along. Esophageal muscles are made of two layers of muscle. The inner muscle is made of skeletal muscle & the outer is made of smooth muscle. The food is pushed down by the contraction of the inner muscle.
- Stomach:** food is digested by tooth (chewing). The food is then to smaller food (swallowing) (bolus).
- Small Intestine:** The small intestine has the villi (finger-like projections) to increase the surface area for absorption. Villi are made of the columnar epithelium. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.
- Large Intestine:** Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.

**MODEL LEGEND**

DIGESTIVE PROCESS	DEFINITION	COLOR CODED
<b>Ingestion</b>	Taking of nutrients, food and drink, into the body through mouth.	green
<b>Digestion</b>	The break down of large molecules and particles into small molecules and particles.	orange
<b>Absorption</b>	The movement of small food molecules and ions through the wall of the intestine into the blood.	blue
<b>Assimilation</b>	The movement of digested food molecules into the cells of the body where they are used.	yellow
<b>Egestion</b>	The passing out of food that has not been digested or excreted, as faeces through the anus.	pink

**Notes:**

- Ingestion:** The food enters the mouth through the mouth.
- Digestion:** The food is broken down into smaller molecules.
- Absorption:** The small molecules are absorbed into the blood.
- Assimilation:** The small molecules are used by the cells of the body.
- Egestion:** The food that is not digested is passed out of the body.

FULL NAME: **Giffing York** DATE: \_\_\_\_\_ BIO #: \_\_\_\_\_

**Notes:**

- Salivary Gland:** produces saliva, enzymes amylase, into the mouth.
- Stomach:** food is ingested using the teeth. No digestion. With the help of stomach juices - Mouth increasing surface area.
- Small Intestine:** Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.
- Large Intestine:** Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.

**MODEL LEGEND**

DIGESTIVE PROCESS	DEFINITION	COLOR CODED
<b>Ingestion</b>	Taking of nutrients, food and drink into the body through mouth.	green
<b>Digestion</b>	The breakdown of food into smaller pieces that are not insoluble to small soluble.	orange
<b>Absorption</b>	The movement of small food molecules and ions through the wall of the intestine into the blood.	blue
<b>Assimilation</b>	The taking of digested food molecules into the cells of the body where they are used.	yellow
<b>Egestion</b>	The passing out of food that has not been digested or excreted, as faeces through the anus.	pink

FULL NAME: **Volant Tai G En** DATE: **5/4/21** BIO #: \_\_\_\_\_

**Notes:**

- Salivary Duct:** produces saliva containing the enzyme amylase to maltose.
- Stomach:** produces hydrochloric acid (HCl) to kill bacteria and to activate pepsinogen to pepsin.
- Small Intestine:** Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.
- Large Intestine:** Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics. Villi are covered with a network of capillaries & lymphatics.

**MODEL LEGEND**

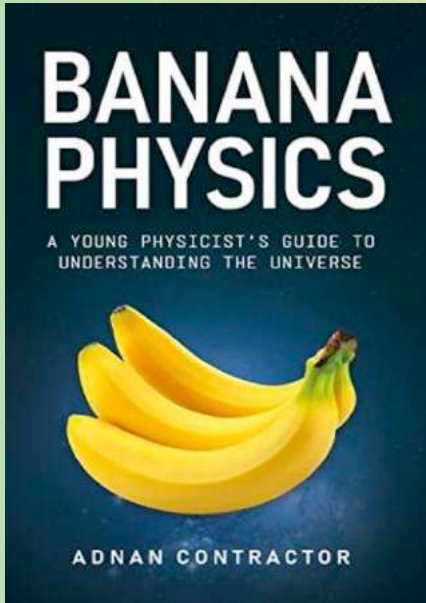
DIGESTIVE PROCESS	DEFINITION	COLOR CODED
<b>Ingestion</b>	The intake of substances	green
<b>Digestion</b>	The breakdown of large molecules to small molecules with enzymes	orange
<b>Absorption</b>	The movement of small food molecules from through villi into the blood	blue
<b>Assimilation</b>	The movement of digested food molecules into cells where they're used	yellow
<b>Egestion</b>	The passing of undigested food through the anus	pink



# Year 11: Physics

Aidan Aqil recommended this book:

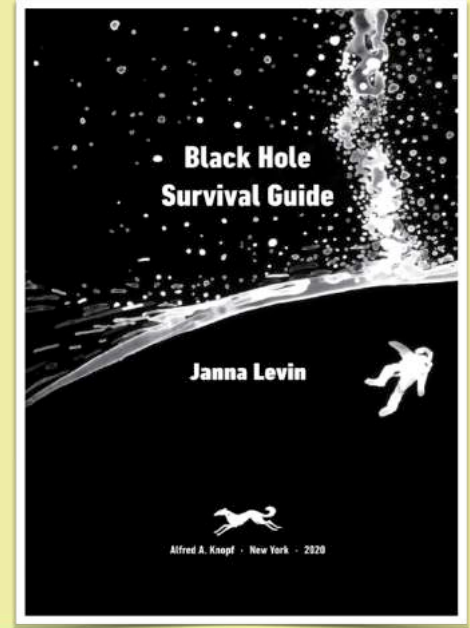
Banana Physics explains eleven concepts in the context of quirky banana analogies. It introduces the curious reader to quantum mechanics, general relativity, loop quantum gravity, and other ideas using monkeys, banana trees, monkey-banana-baseball, bananas shot out of banana launchers, and banana smoothie spills. This resolute, accessible framework assumes no prior knowledge of physics. It provides a humorous, playful perspective on sophisticated concepts that may delight a broader audience. It could illuminate principles and hypotheses to budding scientists, writers, engineers, or anyone interested in interpreting science through a different lens.



Lee Jia Ai recommended this book:

What would happen if you fell into a black hole?

Black holes are the most extraordinary phenomenon in the universe but are confusing at the same time. Anything that goes into a hole can never come out but the black hole itself contains nothing. They are also said to be bigger on the inside than the outside, dark on the outside but not the inside and also invert time into space and space into time. Black holes can be billions of times larger than the sun and are found throughout the universe. In *Black hole survival guide*, the physicist and novelist Janna Levin will explain every question people have about the black hole.





## It's exam season!

Here are some tips to help you stay calm during exams periods.

Prepare for your exams well in advance.

Try to keep up with your work on a day to-day basis.  
Avoid last-minute cramming in the days leading up to an exam.

Put the exam in this perspective.

It's only an exam. The result is not a reflection of who you are as a person. If you put too much of your self-worth in studying and exams it can create extra stress and anxiety.

Relax yourself during the exam.

Close your eyes and take several slow, deep breaths.  
Concentrate only on your breathing for a minute or so and then return to the exam paper.

Pay attention only to the exam.

Don't waste time worrying and doubting yourself. Don't think about what you should have done, pay attention to what you can do now.



**For Year 10s and 11s,**

We, the Prefects' Board  
wish you all the best in your  
upcoming IGCSE!



# Pastoral Care Article

## Emotional intelligence is not only about “managing my emotions”

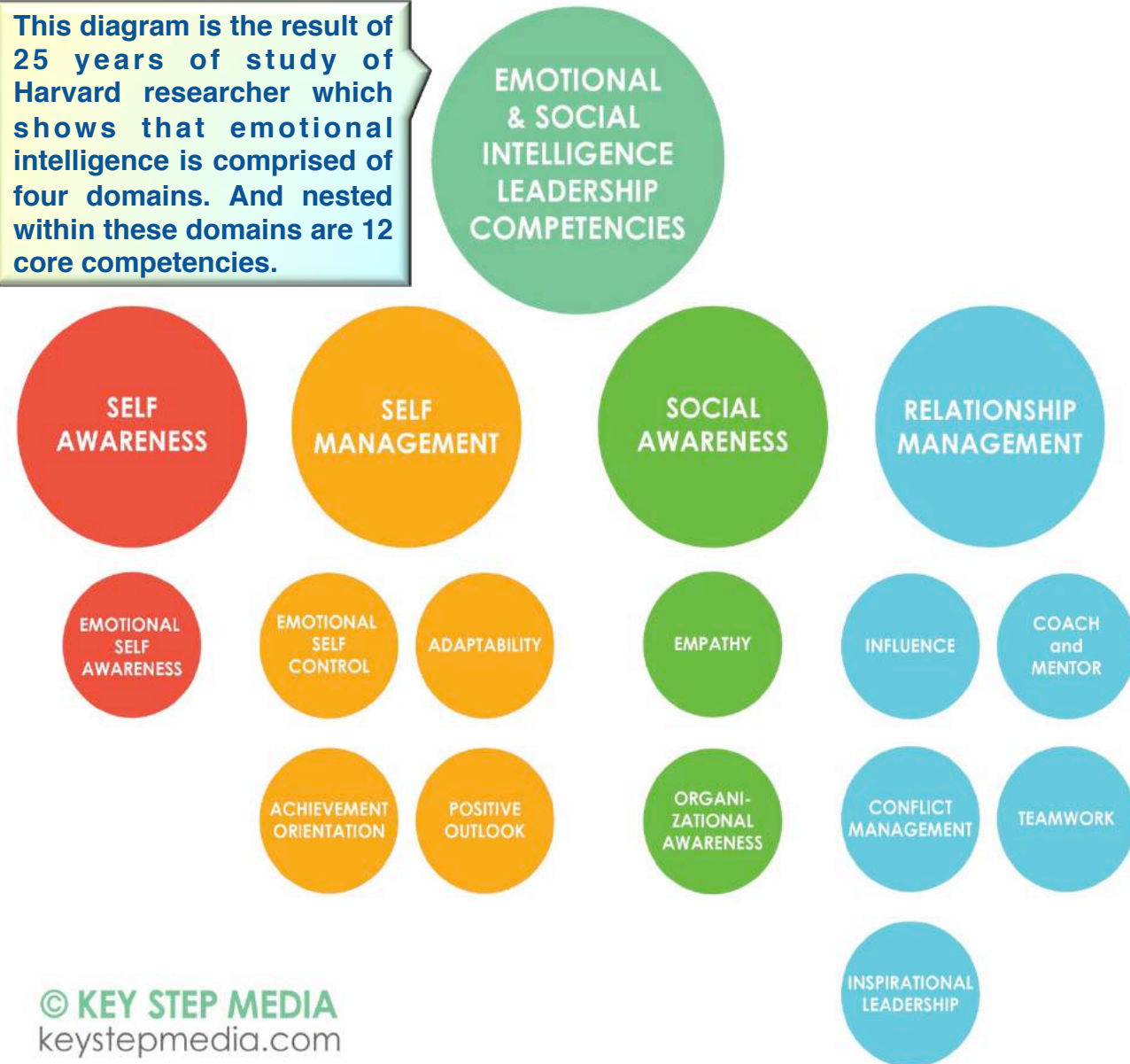
“When I ask people what comes to mind when they think about “emotional intelligence,” their answers are often centered around themselves. I hear things things like “knowing my personal competencies,” “being self-aware” or “managing my emotions.” It all adds up to the common misconception that emotional intelligence is about examining oneself — *my* emotions, *my* feelings, *my* approach to others.

People with low emotional intelligence (or lack it entirely) often make the mistake of only recognizing and exercising their own emotional strengths. As a result, they fail to truly connect with their environment and the people around them — and it always backfires in one way or another.

**The most emotionally intelligent people know that in addition to understanding their own emotions, it’s important to perceive the emotions of others, and the way that their environment impacts those emotions.”**

Reference: Kerry Goyette founder and president of Aperio Consulting Group

This diagram is the result of 25 years of study of Harvard researcher which shows that emotional intelligence is comprised of four domains. And nested within these domains are 12 core competencies.





# SPORT HOUSE POINTS

**Total: 3328**

Merit Points for  
the week: 9



**Total: 4440**

Merit Points for  
the week: 2



**Total: 2734**

Merit Points for  
the week: 0



**Total: 3200**

Merit Points for  
the week: 3

