



# Newsletter

**NEWSLETTER 2020/21  
TERM 1, WEEK 14**

## PRIMARY

The Star of the Week award goes to Lau Tze Xuen( Hugo) from year 5R. Hugo has been a great motivator for his classmates during the online classes. He is always encouraging them and even supports them when needing guidance. He takes on the daily tasks well and completes work on time. Keep up the good work! We all wish him a great learning journey ahead and well\_done!

## STAR OF THE WEEK



**Lau Tze Xuen**



**SECONDARY**

The Star of the Week award goes to Hew Qiao Jie from year 8. In GC, Qiao Jie actively participates in every lesson. This week she presented an excellent joint presentation with her friend and made a well thought-out contribution to the WOW competition. In Mandarin, she put her best effort into the spelling test and homework assignments. We all wish her the best in her learning journey and well done!

**STAR OF THE WEEK**



**Hew Qiao Jie**



Dear Parents/Guardians

Teaching children is a creative process. It is a process of facilitating children's development and learning by fostering independence. The primary teaching goals are to help young children to be productively interactive with other children and adults while seeing themselves as capable learners and as individuals who are developing the skills and understanding that will enable them to make sense of the world and to succeed in it. Children's creativity is supported through an environment that encourages them to try out ideas and risk making mistakes.

Learning must not simply teach work; it must teach life. There was a lot of excitement going on in the online sessions this week as the students were busy preparing for their Exit Point and English Week activities. I was particularly amazed with the young ones as they were lively and involved during their physical education sessions. We view students as individuals who can contribute to the classroom, sharing and gaining knowledge from each other.

The Progress Report of your child/ren has been posted in your individual parents' portal. Please take time to speak to your children about their academic progress. Since we are unable to arrange a physical Parent-Teacher Conference, if you would like to speak with any of the teachers, do call the school office for a virtual appointment. The online classes on the 10/12/20 will be on as per the timetable.

Next week 10/12/20 (Thursday) will be the last day of school for Term 1 of the 2020/21 Academic Year. We understand it is not going to be easy to spend the holidays doing nothing and being stranded at home. In view of that, we are pleased to give you details of our exciting Virtual Reindeer Programmes. These will be scheduled between 14<sup>th</sup> December to 18<sup>th</sup> December 2020. The programme will be centered on edutainment activities while developing the students' literacy and creative skills. We encourage all parents to seize this opportunity.

Regards,  
Chandra Veerappan



**Rafflesia**  
INTERNATIONAL & PRIVATE SCHOOLS

TRADITIONAL VALUES GLOBAL VISION

# Reindeer

## VIRTUAL Holiday Programme

14-18 Dec 2020



**RM50**

**Storytelling**

(Aged 6 - 8)

9.30am - 12.00pm

**Digital Art**

(Aged 9 -12)

1.00pm - 3.00pm

**RM50**



**REGISTER NOW!**



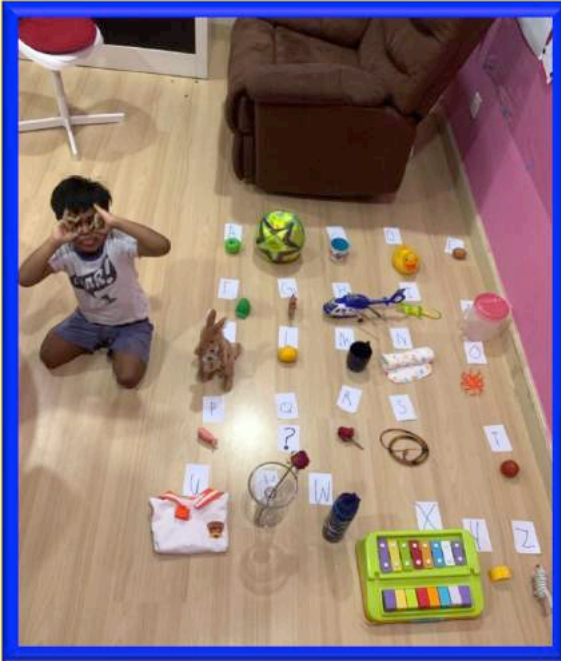
[www.ris.edu.my](http://www.ris.edu.my)



[rafflesiainternationalschools](https://www.facebook.com/rafflesiainternationalschools)



019 279 9088



## Alphabet Scavenger Hunt

During English Week, children wrote letters A-Z on flash card and placed the cards on the floor in alphabetical order. Then children had fun finding objects around the house that began with each letter of the alphabet.





# Reception

For English Week, children enjoyed exploring phonics in fun ways! They made letters with toys and natural resources. They pronounced the letters and blended them into words.





# Math

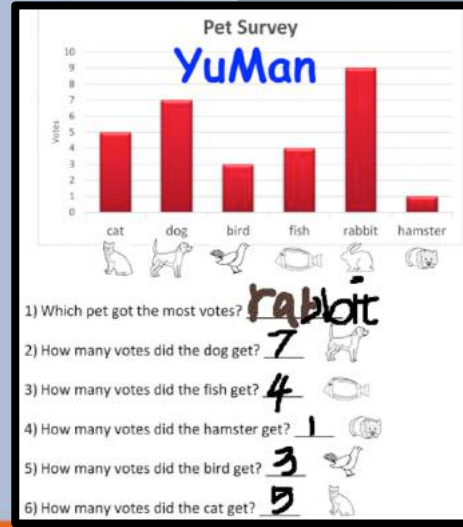
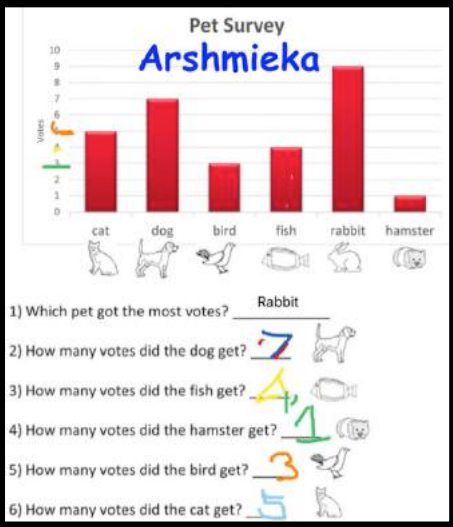
## Data Handling

We learned that a block graph is a simple chart which displays units of data with blocks. We managed to collect, sort, discuss and create block graphs!



**Skyler** colour survey 22/12

- 1 votes for blue = 6
- 2 Black and red = 4 + 8 = 12
- 3 Green take away purple = 7 - 5 = 2
- 4 Purple plus blue = 5 + 6 = 11
- 5 Black add green add red = 4 + 7 + 8 = 19
- 6 Red minus green = 8 - 7 = 1





This week in maths, the students learned about position and direction by doing various activities.



10. To use the language and direction

**Clockwise**  
The turn is in the same direction as the hands of a clock.

**Anti clockwise**  
The turn is in the opposite direction to the hands of a clock.

Tan Qi Yuan

**g Anticlockwise**  
the different turning points.

Start position	One-quarter turn anticlockwise	Half turn anticlockwise	Three-quarter turn anticlockwise	Full turn anticlockwise

**Clockwise**  
the different turning points.

Start position	One-quarter turn clockwise	Half turn clockwise	Three-quarter turn clockwise	Full turn clockwise

Ho Min Rui

10. To use language of position and direction

**clockwise**  
The turn is in the same direction as the hands of a clock.

**Anticlockwise**  
The turn is in the opposite direction to the hands of a clock.

MoYe

**Kim EunYu**

**clockwise**  
The turn is in the same direction as the hands of a clock.

**Anticlockwise**  
The turn is in the opposite direction to the hands of a clock.

quarter Turn

Half Turn

Three Quarter Turn

Full Turn

**Hubert**

Right/East

Left/West

Up Forward North

Down Backward South





## Position and Direction

This week in maths, the students learned about Position and Direction. They completed textbook and Nearpod activities.

### Continue the Pattern

Draw the next rotation in the pattern.

				✓
				✓
				✓
				✓
				✓

Joo Hyun

### Continue the Pattern

Draw the next rotation in the pattern.

				✓
				✓
				✓
				✓
				✓

Isara

This shape is turning clockwise, a quarter turn each time.

This shape is turning anticlockwise, a quarter turn each time.

Dok Yeong



During ICT, the students created tables in Google Docs, and learnt how to add new rows and columns, edit the background colour and font style.

Name	Birthday	Activity
Ayra	October 3rd 2012	
Eishal	April 6th 2010	
alyna	September 18 2014	
		Ayra Leia

Name	B Day	Parent Name
Clyde	April	Raquel
Andre	21	Andres
m.	2013	Raquel Liza
Tubig	Sunday	

Clyde Andre

Name	Birthday	Activity
Cheyenne	13/12 /June/ 2013	Coloring Contest
Zhi qi	24 October 2014	coloring
Kara	22 january 2013	Dressing up
VIDYA	1 august 2013	Art and crafts/playing cosplay

Cheyenne Chew

Name	Birthday	Activity
Kara	22 january 2013	Dressing up
Ms Ilhaam	7th may 1989mj	Art & craft

Ho Zhi Qi



Name:	Birth Date:	Activity:
Wong Hong Sheng	13 June 2013	Science Quiz
Chyanine Gray Shi W		Beauty contest
Tan Shu Cheng		Game contest
Clyde Andre Tubig		Talent Time

**Mansen Di**

Name	Birthday	Activity
Clyde	april	pokemon
hemiendrea	may	Online games
meraam	november	playing
vidya	august	art and craft; cosplay
khucen	march	

**Vidya**

Name:	Birthday:	Activity
MERAAM	3-Novem-2020	Drawing
VIDYA	1-october-2020	cospling
KARA	20-2-2020	Dressing up
AYLA	3-december-2020	

**Meraam**

Name	Birthday	activity
Wong kee	20 august 1981	work
mico	20 september 1982	baking
Wong zhi xuan	30,january 2011	Play minecraft and roblox
• Marco wong	19 june 2013	Play roblox and minecraft

**Wong Hong Sheng**

NAME	BIRTHDAY	ACTIVITY
feza	16 September	cooking
adrian	13 October	TRAVELING
Katrina	6 may	crafting
kara		

**Kara Alani**



The students started typing the coding instead of drag-and-dropping block coding with Counter Hack in tynker.com.

```

1 // Move forward 2 times.
2 forward();
3 forward();
4 forward();

```



```

1 // Move forward, then turn left, then move
  forward again.
2 forward();
3 forward();
4 turnLeft();
5 forward();

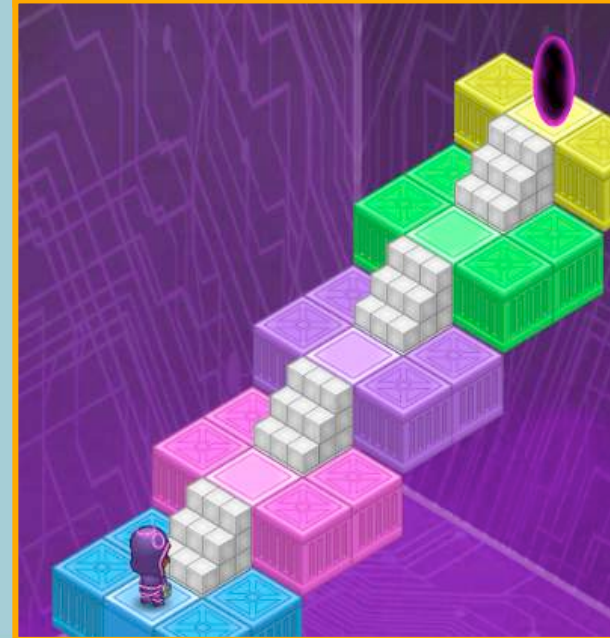
```



```

1 // Comment out the extra forward commands.
2 forward();
3 forward();
4 forward();
5 forward();
6 //forward();
7 //forward();
8 //forward();

```





# YEAR 5

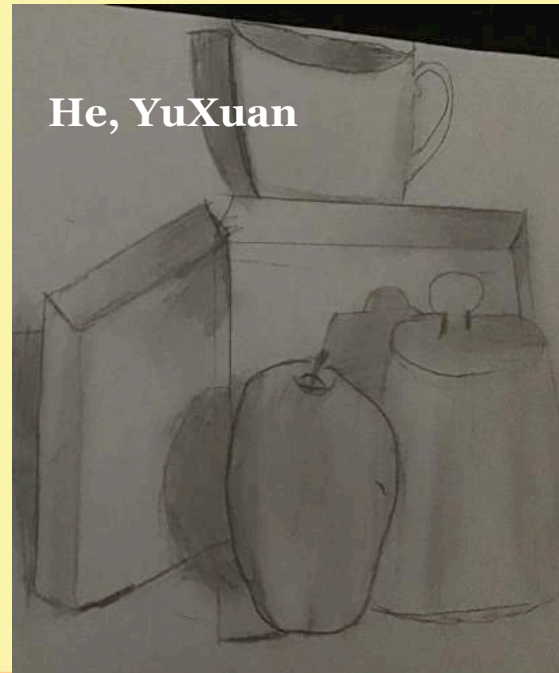
## Still Life Drawing

*A still life is a drawing or painting that focuses on still objects. The subject matter is inanimate and never moves. For basic still life drawing students focused on lighting, shading - hatching and crosshatching.*

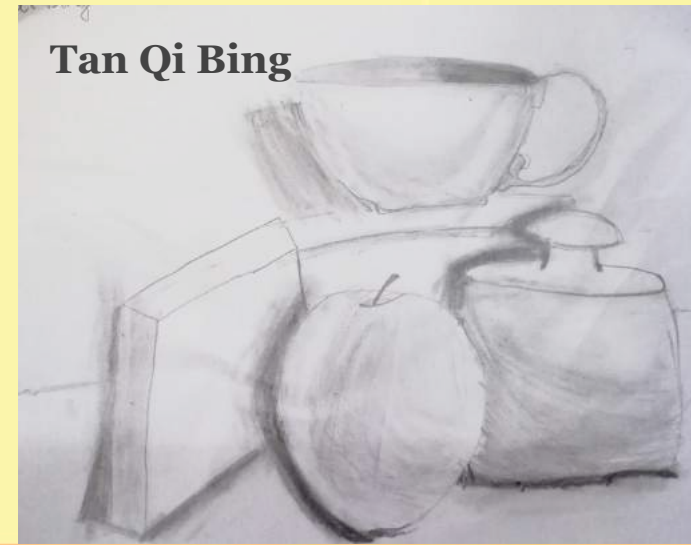
**Annabelle Tan Hui Na**



**Tee Rui Jie**



**He, YuXuan**

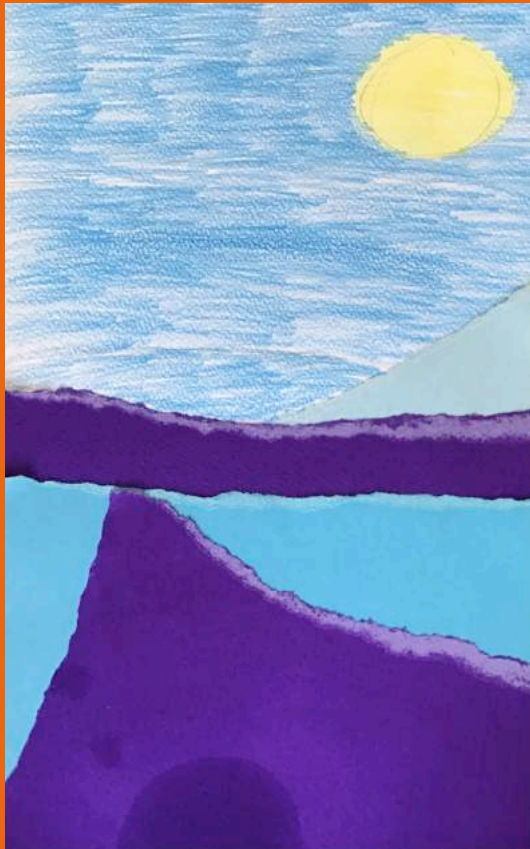


**Tan Qi Bing**



# YEAR 6

Jarvis Tadhg  
Crompton



## Mixed medium

A collage is a work of art that is made by attaching pieces of different materials (such as paper, cloth, or wood) to a flat surface.

**Mixed media** is using a combination of different **mediums** or materials together to make a piece of work,

In this topic, students learned how to do mixed medium using drawings and collages.



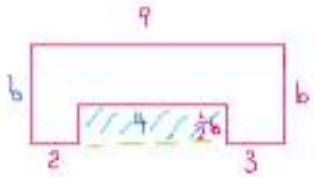
Karina Ngan ZiYu



Song JooEun

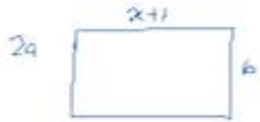


Students learned how to write expressions for perimeters. Every student actively participated answering the questions through the online whiteboard. It is a tool to determine their understanding after each topic taught by observing how they answered on the online whiteboard. It was a fantastic two-way communication between students and teacher.

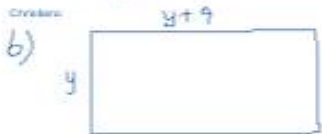


$$\begin{aligned} \text{Area} &= b(2) + \frac{1}{2}b(4) + 3(b) \\ &= 2b + 2b + 3b \\ &= 7b \end{aligned}$$

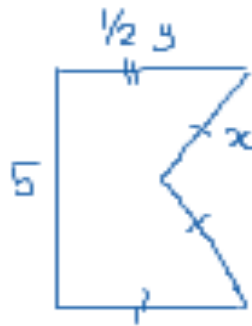
$$\begin{aligned} \text{Area} &= 9(b) - 4\left(\frac{1}{2}b\right) \\ &= 9b - 2b \\ &= 7b \end{aligned}$$



$$\begin{aligned} \text{Area} &= (x+1)6 \text{ or } 6(x+1) \\ &= 6x + 6 \end{aligned}$$



$$\begin{aligned} \text{Area} &= (y+9)y \\ &= y^2 + 9y \end{aligned}$$



**Joshwin**

$$\begin{aligned} P &= \frac{1}{2}y + \frac{1}{2}y + x + x + 5 \\ &= y + 2x + 5 \end{aligned}$$

**Qi Zheng**

$$\begin{aligned} P &= x + x + 5 + \frac{1}{2}y + \frac{1}{2}y \\ &= 2x + 5 + y \end{aligned}$$

**Jun Bond**

$$\begin{aligned} P &= x + x + \frac{1}{2}y + \frac{1}{2}y + 5 \\ &= 2x + 5 + y \end{aligned}$$

**Pearl Diya**

$$\begin{aligned} \frac{1}{2}y \times 2 &= y \\ x \times 2 &= 2x \\ &+ 5 \\ \text{Ans} &= y + 2x + 5 \end{aligned}$$



In Science tudents were asked to draw a mammalian heart and label a diagram of the heart showing the four chambers, associated blood vessels, valves and the route of the blood through the heart.

**Right side of the heart**

- Receives deoxygenated blood (blood poor in oxygen) from the different parts of the body
- Pumps deoxygenated blood to the lungs

**Left side of the heart**

- Receives oxygenated blood (blood rich in oxygen) from the lungs
- Pumps oxygenated blood to the different parts of the body

Labels: right atrium, right ventricle, left atrium, left ventricle, Valve, muscular wall

Flow of oxygenated blood

Aloysius Tan Jen Xuan

**Right side**

- Receives deoxygenated blood from the different parts of the body
- Pumps deoxygenated blood to the lungs

**Left side**

- Receives oxygenated blood from the lungs
- Pumps oxygenated blood to the different parts of the body

Labels: right atrium, right ventricle, left atrium, left ventricle, valve, muscular wall

Valeriya Makagonova

**Left side of heart:**

- Receives oxygenated blood from the lungs
- Pumps oxygenated blood to different parts of body
- Has a thicker wall than right side.

Labels: right atrium, right ventricle, left atrium, left ventricle, valve, muscular wall

Qiao Jie Hew

**The Heart Structure:**

Labels: Artery to Lungs, Artery to body, Vein from body, Vein from Lungs, Upper chamber, Lower chamber, Valve, Right side, Left side

Kwa Jia Hang

**Right side of the heart:**

- Receives deoxygenated blood (blood poor in oxygen) from the different parts of the body
- pumps deoxygenated blood to the lungs

**Left side of the heart:**

- Receives oxygenated blood (blood rich in oxygen) from the lungs
- Pumps oxygenated blood to the different parts of the body.

Labels: right atrium, right ventricle, left atrium, left ventricle, valve, muscular wall

→ flow of oxygenated blood  
← flow of deoxy genated blood

Shi JingYu

Labels: Right atrium, Right ventricle, Left atrium, Left ventricle, Valve, muscular wall

Sharvenraj Raja





**English** - Students practised writing to inform by creating informative displays on designs that changed the world.

## Airplanes by Zhou Xuen



Airplanes are a form of transport that is used around the world which has changed the way we have travelled. It is without a doubt a better alternative to cars, buses and trains as airplanes have many significant benefits. Whether you believe it or not, according to Chance News, the odds of dying on a 1,000-mile flight are significantly less than that from dying on a 100-mile car ride.

The first airplane was flown and invented in the year 1903 by the Wright brothers. During the second World War, airplanes had a presence in all the major fights which proves how effective using an airplane is.

Airplanes are undoubtedly the quickest and arguably the most comfortable way of travelling. A 1 hour flight might take 6-7 hours to drive by car. In addition, airplanes have a controlled climate at a comfortable temperature and reclining seats which many buses do not have. Plus, first-class and business-class accommodations offer large and premium seating with high-quality complimentary meals. In some airplanes, the first-class accommodations have individual beds and showers which can be very luxurious.



## ANTIBIOTICS

by Joylvivia

*Antibiotics have been saving lives since 1928. A famous antibiotic we have all had or heard of is penicillin. During World War II, it was commonly used to treat soldiers. Penicillin saved some from battlefield wound infections and pneumonia but since it had just been invented, America did not have enough stock to save more than 100 patients. It became available to the general public in the mid to the late 1940s.*

*The doctor in a pill was quite an invention but it could not save all lives. The more and more it was used, the more microbes and bacteria grew resilient to it. This resistance to antibiotics increased deaths from bacterial infections but it did not deem antibiotics completely impractical. Now antibiotics are prescribed at clinics to treat bacterial infections to the throat, ear, skin etc. Without antibiotics, death rates would rocket because of contagious bacteria.*





### Phones by Cui Shi

Telephones were invented as early as the 1880s and mobile phones were invented as early as 1973s. As time passed, there are many types of phones which have been and continue to be invented till this day. The main reason why phones were invented was to allow instant communication between people over long distances or short distances. Telephones can only be used to call people, but mobile phones can be used in many ways: texting; calling; searching on the internet; cameras; social networking and many others. Alexander Graham Bell was the first person to invent telephones and Martin Cooper was the first person to invent mobile phones.

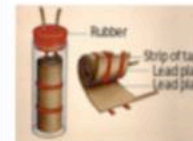


### Batteries by Jing Wen



This is the 'Babylon Battery' - the world's first electrochemical battery. It was invented at 250 BCE in Baghdad. This was basically a clay jar with a copper cylinder, probably surrounded by lemon juice or vinegar.

After the Baghdad Battery, batteries seemed to not exist until 1800 when they were reinvented by Alessandro Volta. Alessandro Volta's battery was made out of discs of copper and zinc soaked in salty water.

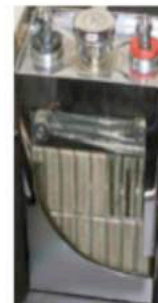


Principle design of the Planté battery

A different kind of battery known as the lead battery was invented in 1859 by Gaston Planté, a French physicist. It was basically two strips of tape sandwiched between two lead plates and rolled into a cylindrical shape. It was charged repeatedly and discharged in diluted sulfuric acid.

In 1866, the French scientist Georges Leclanché invented a battery; this battery presented faster absorption and longer shelf life. This was also the first dry cell battery.

Another version of the dry cell battery was invented by Carl Gassner, in 1886. The battery offered a more solid design and provided 1.5 volts in full use.



In 1903 a famous American scientist, Thomas Edison picked up the nickel-iron cell Jungner designed and created another patented version of it. This battery was strong enough to survive overcharged and uncharged periods.

In 1912 the battery that we use the most today was invented. The Lithium And Lithium-Ion Battery. This is the battery that is used in many items including flashlights, toys, laptops, and cell phones. This battery has a longer life span and is also rechargeable.





## ESL - What do you need to be successful?

First, you need to believe in yourself. You must do the things that you can do. You must do your best every time. You must have confidence in everything. Always give your best!

Next, you should be disciplined. You should do everything that your teacher or superior passes to you. You must do it diligently. If you don't do it diligently, you will not succeed. You should manage your time and stay disciplined all the time.

Not only that, you must have teamwork. You should discuss everything with your group members. You should ask if they understand or agree to the ideas. Any decision-making should be done as a team.

Lastly, you should consult the teacher when you are in doubt.. You can ask everything that you are not sure about. Clarify your doubts and make the changes if necessary. Listen and follow your teacher's advice strictly. All of the mentioned criteria are important for one to be successful.

**Seow Yen Lyn**

To be a successful person, first you need to have confidence. You also need to get organised daily and plan for what you should do the next day or in the future. You also need to have enough sleep every day, go to beds on time and don't stay up late.

You should always take note of what your teacher taught you in class and read it again after class to remember what you've learned. You should set a schedule in your place of study. Also, you should clean or manage your place of study to to be more focused in class.

Self-motivation is also important to be a successful student so do not give up on the subjects you think are hard. Although some of this is quite hard to do, you should always try your best.

**Grace Lee Ern Hua**



First, you need confidence. A successful life begins with confidence. To be successful, you must have the courage to challenge your shortcomings. Don't be swayed by the evaluation of others and get rid of your fears.

Next, you should always have self-control and manage yourself so that others don't have to manage you. Controlling your goals can make you stronger. Don't be a slave to emotions. Keep calm, deal with problems easily, and cultivate strong self-control.

Lastly, you also need to be responsible. Responsibility helps you to grow. Responsibility is the driving force for a person's growth. Learn to be responsible for your actions and try to make your own decisions.

**Zhou JiaCheng**

Self-motivation is one of the indispensable conditions for successful students. No matter what happens, you must motivate yourself and don't let yourself down. If you encounter any problems while studying, you must always motivate yourself. I can do it! I can do it!

A successful student also needs the ability to learn from other outstanding students. If you don't understand some of the problems in your studies, you can try to ask other students and let them teach you how to answer the questions so that you can learn and progress together.

A successful student also needs the ability to self-manage. Whenever you are tired of studying, you can take a proper rest, but you need to arrange your time properly instead of indulging. The ability to manage yourself is very important for students.

**Wang ZiRui**



**Chemistry: Assessment is a key component of learning and without reflection, students would not be able to learn from their mistakes and fill the gaps in their learning. This term, we have adopted a new reflection method. Students were asked to create a mark scheme for their paper and give references from their text book. Later they compared this mark scheme with the original mark scheme presented by the teacher. Here is what they said about this process:**

**“When I was creating the mark scheme, I solely relied on the answers that I used for my paper. During this time I was not really thinking in detail about things like which words you could lose marks for or which words could help you gain a mark. For example, phrases like "nitrogen molecules" and "nitrogen" have different meanings. I learnt that every word should be thought about properly before writing it down. The drawings for the ionic and covalent bonding have very small details you can lose marks for too if incorrect.”**

**Khalyaanii a/p Thinagaran**

**“I think that, by doing my own marking scheme, it shows me how there can be a variety of answers. It also teaches me how to give marks to questions that require drawings. It shows me which part of the drawing can earn you a mark. In conclusion, making my own marking scheme opened up my mind and taught me new things.”**

**Adriana Syasya Binti Abdul Rahim**





Vikeesh

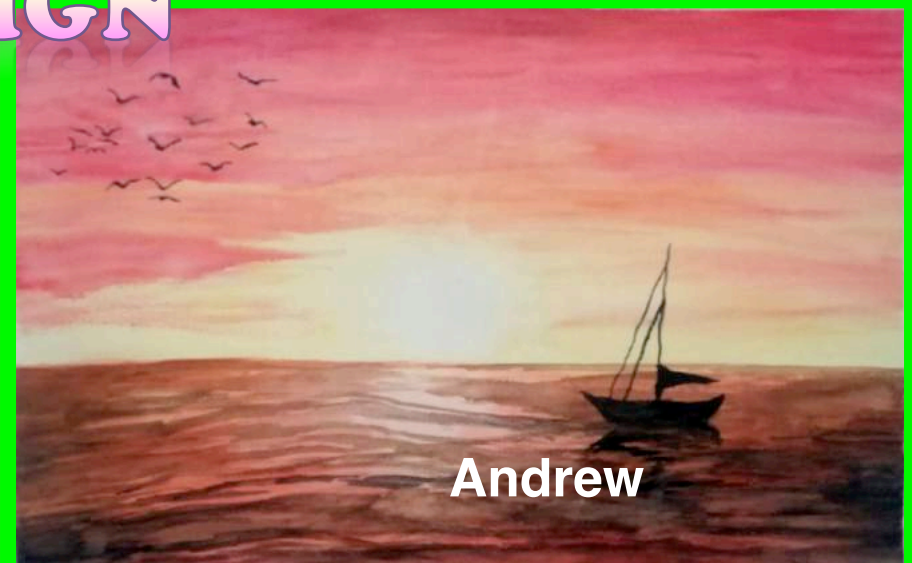


Nazeeha

## ART & DESIGN



Nicole



Andrew





## End of Term Assessment

4. ruler, copper can, stopwatch, different metals

I would control the key variable by using something to cover air gap.  
I would also use the same starting temperature.

Temperature/°C	Time/s	Air gap (cm)
		4

The longest time for the temperature to drop shows the cooling rate.

12

and pour into the Cu container. ①

② Close the lid and measure the hot water using thermometer. Check zero error on stopwatch and do not start the stopwatch until when the hot water is at 80°C. ①

③ Record the time taken for hot water in Cu container to drop by 10°C. Also, measure the gap size using meter ruler for this small metal container. ①

④ Repeat these steps for other three larger metal container and record the time taken for water to drop by the same 10°C, same P.T. ①

⑤ Put all data into table.

Fix temp  
gap size  
repeat  
fix variables

Students were taught how to score full marks in Paper 6 question number 4 despite physical school being closed. Learning continued even though it was online learning. The process of identifying the facts and scoring in the physics paper was taught with the help of modern technology. It provided students with a better understanding of how to score in their paper after this. A synchronous learning method was invented during the online learning session.

explain how you would use your readings to reach a conclusion. You may draw a diagram if it helps your explanation.

Labels: Smaller, Metal container, Wool, Largest container, Copper container, Thermometer lid, gap size, Wooden block, metre ruler.



# YEAR 11

Students still get continuous feedback from teachers despite the physical school being closed. Exam scripts are marked digitally during online learning sessions. Synchronous learning does not stop!

3)  $r\theta = 2(4.587) \theta = 2\pi - 1.696$   
 ~~$= 36.696 \text{ m}$~~   ~~$= 4.587$~~  3

Perimeter =  ~~$36.696 \text{ cm} + 12$~~   
 ~~$= 48.696 \text{ cm}$~~  normally (3 s.f.)  
 ~~$= 48.7 \text{ m}$~~  *Signal answer*

4)  $h^2 = 8^2 - 6^2$  Area of sector  
 $h = \sqrt{28} = \frac{1}{2}r^2\theta$   
 ~~$h = 2\sqrt{7} = \frac{1}{2}(8)^2(4.587)$~~   
 ~~$= 146.784 \text{ cm}^2$~~

Area of  $\Delta$   
 $= \frac{1}{2}bh$  Total Area  
 ~~$= \frac{1}{2}(12)(2\sqrt{7})$~~   
 ~~$= 12\sqrt{7} \text{ cm}^2$~~   
 ~~$= 146.784 \text{ cm}^2 + 12\sqrt{7} \text{ cm}^2$~~   
 ~~$= 178.5 \text{ cm}^2$~~  3

Additional Maths - Term 1 Assessment - Paper 1

1) 

Range  $-2 \leq x \leq 3$

2) a) Chord =  $2r \sin \frac{\theta}{2}$   
 $12 \text{ cm} = 2(8) \sin \frac{\theta}{2}$   
 $\frac{12}{16} = \sin \frac{\theta}{2}$   
 $\frac{\theta}{2} = 0.848$   
 $\theta = 1.696$  2

b) Major sector arc =  $(2\pi - 1.696) \cdot 8$   
 $= 36.7 \text{ cm}$   
 Perimeter =  $12 \text{ cm} + 36.7 \text{ cm}$   
 $= 48.7 \text{ cm}$  3

15.  $\int_0^k (2e^{2x} - \frac{5}{4}e^{-2x}) dx = \frac{3}{4}$

$4[e^{2x} + \frac{5}{4}e^{-2x}]_0^k = \frac{3}{4}$   
 $= [e^{2k} + \frac{5}{4}e^{-2k}] - [e^{2(0)} + \frac{5}{4}e^{-2(0)}] = \frac{3}{4}$   
 $e^{2k} + \frac{5}{4}e^{-2k} - [1 + \frac{5}{4}] = \frac{3}{4}$   
 $e^{2k} + \frac{5}{4}e^{-2k} - \frac{9}{4} = \frac{3}{4}$   
 $e^{2k} + \frac{5}{4}e^{-2k} - 3 = 0$  5  
 $4e^{4k} - 12e^{2k} + 5 = 0$   
 let  $e^{2k} = u^2$   
 $4u^2 - 12u + 5 = 0$   
 $(2u - 5)(2u - 1) = 0$   
 $e^{2k} = \frac{5}{2} \quad e^{2k} = \frac{1}{2}$   
 ~~$k = 0.46 \quad k = -0.35$~~  4

$e^{2k} + \frac{5}{4}e^{-2k} - 3 = 0 \quad (4e^{2k})$   
 $4e^{4k} - 12e^{2k} + 5 = 0$



# Pastoral Care Article

## HEALTHY SELF-ESTEEM

### What is self-esteem?

Self-esteem is the opinion we have of ourselves.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.

### How to have healthy self-esteem?

To boost your self-esteem, you need to identify the negative beliefs you have about yourself, then challenge them.

You may tell yourself you're "too stupid" to apply for a new job, for example, or that "nobody cares" about you. Start to note these negative thoughts and write them on a piece of paper or in a diary. Ask yourself when you first started to think these thoughts.

Next, start to write some evidence that challenges these negative beliefs, such as, "I'm really good at cryptic crosswords" or "My sister calls for a chat every week". Write down other positive things about yourself, such as "I'm thoughtful" or "I'm a great cook" or "I'm someone that others trust".

Also write some good things that other people say about you. Aim to have at least 5 positive things on your list and add to it regularly. Then put your list somewhere you can see it. That way, you can keep reminding yourself that you're OK.

You might have low confidence now because of what happened when you were growing up, but we can grow and develop new ways of seeing ourselves at any age.

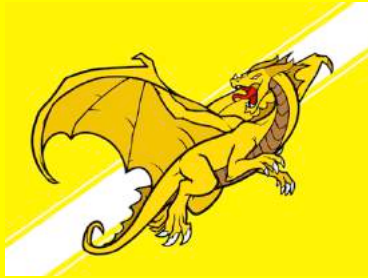
Reference: <https://www.nhs.uk/>



# Sport House Points

**Total: 2057**

Merit Points for  
the week: 122



**Total: 2596**

Merit Points for  
the week: 184



**Total: 1690**

Merit Points for  
the week: 64



**Total: 1961**

Merit Points for  
the week: 143

