

# SJIIM Weekly Update

## 8th January 2021



### Keeping the SJIIM community safe

It has been a great pleasure to see our students back in school in face to face lessons this week. This has enabled us to really feel our sense of community as we learn and spend time together in person again.

As a school, we are working hard to ensure the safety of the school community during this time. In addition to the SOPs and the health declaration form for staff and students, we would also request that parents inform the school immediately at [safety@sjj-international.edu.my](mailto:safety@sjj-international.edu.my) if either of the following conditions arise:

1. If any member of the family has been exposed to a suspected covid positive person.
2. If any member of the family has been exposed to someone who has had a positive COVID test. In this case, please also follow the guidelines as advised by the MOH.

### Life is a Performance

By Christine Pardo, Head of Drama

Whatever path our students choose in life, they will need to communicate effectively; they will need to collaborate with others and they will need to present themselves and their ideas confidently. In short, they will need to perform.

As a Drama teacher I, of course, love to see students performing, whether during class lessons in the Drama studio, or in more public arenas such as school productions. However, I do not expect all of our students to become Hollywood movie stars or West End theatre performers (although it would be lovely if some did!) What I do hope is that all of our students go out into the world as confident young people, able to communicate successfully in any situation they may find themselves. Interviews for universities and jobs; delivering presentations to tutors or employers; representing a client, negotiating a deal or explaining a medical procedure to a patient - all of these require the ability to communicate. And that is where Drama comes in.

Students at SJIIM are incredibly fortunate in that all year groups from Nursery to Year 9 receive specialist Drama lessons. The skills learned through studying Drama are extensive and varied; reading and reciting scripts increases verbal and literacy skills and, when performing in front of their peers or an audience, students are developing self-confidence and bravery. When a student is cast in a lead role, they're learning how to accept their achievements with grace and to deal with the pressure of responsibility; when they don't get the part they want, they're learning to deal with disappointment. When learning dance and stage movements, students are practising gross and fine motor skills and hand/eye coordination. When a student is cast in a show with people they don't know, they're learning how to work with others and cultivate new relationships. When students are rehearsing lines in time for a performance they are learning about time management. When something goes wrong during a performance, students learn how to deal with the unexpected; how to stay calm, be flexible, and demonstrate determination and grit - because the show, as in life, must go on!



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In the Elementary School, Drama lessons are practical, engaging and fun. Because Drama involves students using not only their voices and bodies but also their emotions and imagination, it engenders self-esteem and creative thinking. Confidence is built as students as young as three participate in role-playing scenarios, portraying a range of characters and emotions. Drama is also a subject that requires a great deal of peer trust, and so it plays an important role in teaching listening and empathy skills.



In the High School, Drama lessons continue to be engaging and fun, but here there is also a theory element introduced. Students learn about different Drama genres and practitioners and the impact they have had on not only dramatic performances but also society. As the visionary Drama practitioner Augusto Boal said; "Theatre is a form of knowledge; it should and can also be a means of transforming society. Theatre can help us build our future, rather than just waiting for it."

There is often a feeling that people generally fall into one of two camps - they are either "creative" or "analytical". Creative people will choose subjects or pastimes such as theatre, music and art. Analytical people will lean more towards science, maths and technology. However, according to a study conducted by Michigan State University, Nobel Prize winning scientists are almost three times more likely than the average scientist to have an artistic hobby. A scientist was regarded as having an artistic hobby if they described themselves - or were described by biographers - as being a painter, photographer, actor, performer, composer, poet, dancer etc.; or if there was direct evidence of artwork, photographs, sculptures, compositions, poems, performances and so on.

The study suggests that science and the arts are not mutually exclusive; that in fact the consistent development of an artistic hobby actually helps to nurture the primary undertaking of being a scientist. Art and creativity is not a "separate venture," but a way to cross-train. The article goes on to quote Santiago Ramón y Cajal, the Spanish neuroscientist; "*To him who observes [scientists with artistic hobbies] from afar, it appears as though they are scattering and dissipating their energies, while in reality, they are channeling and strengthening them.*"

It appears that students who might perceive themselves as "analytical" would perhaps benefit from pursuing subjects like Drama, or joining school productions, as this will help them improve in other areas too. Contrary to the feeling that this may be "taking time away" from more academic pursuits, being involved in creative activities can actually enhance achievements in other areas.

From developing communication and confidence, deepening an awareness of self and others, improving literacy skills, strengthening verbal and physical skills, providing safe opportunities to experience success or failure and therefore developing a sense of determination - all while helping to improve achievement in other curricular areas - Drama provides it all.

And if life is indeed a performance, then the students at SJIIM will certainly be ready to take the stage.



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### Catholic Corner

Happy New Year fellow Lasallians!

We are grateful to God for seeing us over the threshold of a new calendar year, and we pray that 2021 will be one that will see the end of our current pandemic and the return to a somewhat normal life. As we get ready to embrace 2021, let our hearts and minds be open to the Lord. May our hopes and New Year's resolutions be made in the spirit of his holy name.

### One La Salle Prayer

Let me be the change I want to see  
To do with strength and wisdom  
All that needs to be done..  
And become the hope that I can be.

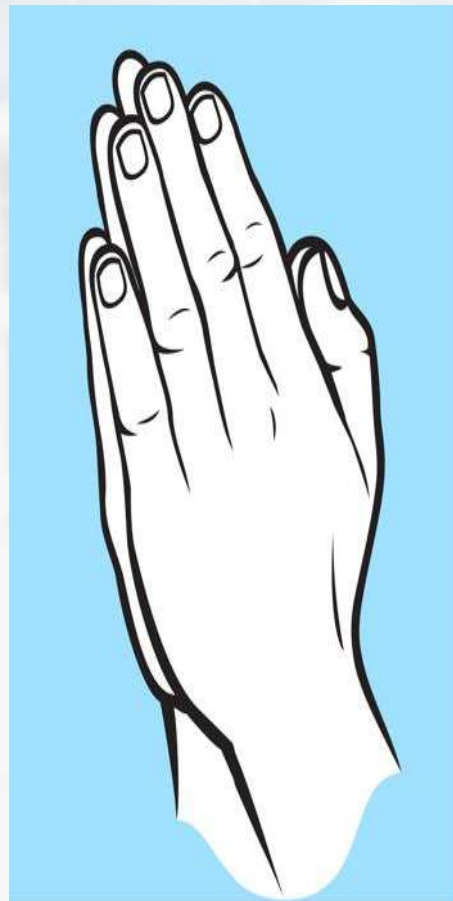
Set me free from my fears and hesitations

Grant me courage and humility

Fill me with spirit to face the challenge  
And start the change I long to see.

Today I start the change I want to see.  
Even if I'm not the light  
I can be the spark  
In faith, service, and communion.  
Let us start the change we want to see.  
The change that begins in me.

*Live Jesus in our hearts forever!*



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### A message from The Hope Branch

On behalf of The Hope Branch we are thrilled to have your support. Through your donation we have been able to accomplish our goal to help people in need and continue working towards helping people who are affected by the pandemic. So far, we are able to help many B40 families across the area and also distribute the hampers to PSPK Women Development Centre who interact with single mothers and women from the low-cost flats of Selayang and Batu Caves . During New Year's Eve we distributed many of the personal care items to the homeless at Jalan Tunku Abdul Rahman, Kuala Lumpur. We will continue to distribute hampers in the New Year as we visit those in need across the area. Thank you so much to the students, parents and also to all the St Joseph's International School family for being a part of this. We truly appreciate your generosity.

Sincerely, Dr Jezamine Lim



# Elementary Weekly Update



## What a Wonderful Week!

Our students were busy learning, creating and collaborating this week. Excited to see their teachers and one another, students had an extra spring in their step as they moved around school. They also practiced the expectations that are required to be responsible members of their community, such as mask wearing, hand hygiene and safe distancing.



If you are planning to keep your child off school for any reason, please complete the absence form (linked on the last page of this update). Please also send a message to your child's class teacher, so work can be set for them.

# Elementary Weekly Update



## School Lunches

All students planning to eat school lunches in the ES need to pre-order online. The online ordering system is up and running, so please do place your orders to ensure your child has a lunch available.

## Congratulations!

Congratulations to our learning assistant, Ms. Pamlyn, in Year 1S on her recent wedding! We wish her and her new husband all of the best!



## This week's virtue: Patience

In assembly this week, students are beginning to explore the virtue of patience. Patience is being calm and tolerant when difficult things happen. It is showing acceptance when you or others make mistakes. Patience is doing something now so that later it will bear fruit, like planting a seed and waiting for it to grow. To this end, we are sharing a slide set of family meditations that you can use to support your children, and your family on their mindfulness journey. Please click [here](#) to access the resources.

**Patience** You are practicing **Patience**

**when you...**

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and persevere until they are met
- Do something now that will help you in the future
- Accept things you cannot change with humor and grace
- Are tolerant when mistakes are made

**Affirmation**

*I am patient. I am gentle with others and myself when we make mistakes. I wait calmly. I trust that things will turn out right.*

Patience is quiet hope and trust that things will turn out right. You wait without complaining. You are tolerant and accepting of difficulties and mistakes. You picture the end in the beginning and persevere to meet your goals. Patience is a commitment to the future.

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## Maths Workbooks

As we closely monitor government announcements and the needs of our families we endeavor to be aware and adaptable during this fluid, Covid 19 time period. Thus, we will be sending home math workbooks as a precautionary measure. These can be left in students' school bags with the hope that they will return to school with the students on Monday. However, if the government makes an announcement that keeps us home, we will be prepared.

# High School Weekly Update



## Reflections from our new HS teachers

**Some of our new teachers in the High School have reflected on their experience of their first term in Malaysia and at SJIIM.**

Diolch! Thank you! Thank you all for making me feel so welcome upon arrival in Malaysia/SJIIM this year - that extends to staff, children, parents and the whole wider Malaysian community. I have been touched by the warmth, friendliness and help offered unreservedly since my arrival from Cardiff, Wales in July. I think I speak for all new staff in really appreciating the effort that people have gone to and I hope to be able to reciprocate in due course. It is the conduct of you all that has totally vindicated my decision to be here and I look forward with excited anticipation. In truth the warm welcome, generosity and friendliness I've experienced transcends school and is representative of Malaysia as a country. You all represent yourself, your families, the school and Malaysia in a fantastically positive light - you should be very proud. I am super excited for the journey ahead. Thank you again, diolch yn fawr.

**Mr. Joseph Taylor**  
**Teacher of Humanities**

Malaysia is very family-friendly and the people are very welcoming, always smiling and warm. We find that people want to help and make sure that you are comfortable, which is very refreshing. I am thoroughly enjoying getting to know my students and colleagues at SJIIM. Teaching here magnifies the importance of caring, as I have been given a feeling of cohesiveness and community. So far, I have had a lovely experience teaching Business Studies and Business Management to my wonderful students, and I look forward to continuing to do so.

**Ms. Lordina Diassona**  
**Teacher of Business Management**  
**and Head of Year 10**

Life in Malaysia has been fantastic for us as a family. Malaysia is a beautiful country with a diverse culture and warm people. We have settled in quite well with the help of the school community. We are fortunate to be part of the SJIIM family with such wonderful students and colleagues. We are greatly looking forward to exploring the wonders of Malaysia.

**Mr. Nirushan Thanaraj**  
**Teacher of Computer Science**

My first few months in Malaysia have been nothing short of wonderful. When I'm not at work, you will probably find me on a golf course or eating out! Adjusting to the Malaysian humidity on the golf course has taken some getting used to but the monsoon season has definitely made it feel a little bit more like the UK. The food here is incredible! My first term at SJIIM has been wonderful (albeit virtually since October) largely due to my hugely supportive department and the amazing students I have been lucky enough to teach.

I look forward to continuing this academic year into 2021 and eating my first Nasi Lemak!

**Ms. Madelaine Williams**  
**Teacher of Mathematics**

# High School Weekly Update



## Y11 and Y13 Mock Exams

The IGCSE and IB mock exams will run in school from the 11th to the 22nd of January for Year 11 and from the 12th to the 22nd of January for Year 13 students. During this time, students' normal lessons will be cancelled. Details of the arrangements and timings of the exams have been shared with students and parents. Good luck to all of the students taking exams, and we are sure that their hard work and preparation in these exceptional circumstances will be reflected in their grades.

## IB Scholarship Launch

The SJIIM IB scholarship pays for the tuition fees in Years 12 and 13, with scholarship awards ranging from 25% to 100%. Further information about these scholarships and the application process can be found on the school's website at <https://www.sji-international.edu.my/ibdp-scholarship-programme/>. We warmly welcome applications from our current students in Year 11, and look forward to receiving and considering these. **The deadline for applications is 29 January.** If parents or students have any questions about the application process or the scholarships, please contact Mrs. Fitzgerald at [mfitzgerald@sji-international.edu.my](mailto:mfitzgerald@sji-international.edu.my).

## Year 8 Advanced Chinese - Film Review

Year 8 Advanced Chinese students were asked to carry out a parent-child activity during the Term 1 break. Students were required to watch an award winning movie "Memories of Peking: South Side Stories 城南旧事". This movie portrays the adult world in Peking of the 1930s as seen through the eyes of a little girl, conveying the sense of loss and bewilderment which arouses the child's awareness of the uncertainties of human relationships and life. After watching the movie, Year 8 students were then required to fill out a review questionnaire with parents. Here is the review received from our Y8 student - Tham Kah Hin 陈家兴 and his mother "陈洁兰", "We are glad that this activity has not only helped the students to understand the literature component better but also improved the parent-child bond."

## Art in High School

It has been very exciting to see everyone in person this week. While year 10 - 12 have been working on their individual projects, Key stage 3 has jumped right back in with a painting challenge. Each student has studied Atmospheric perspective otherwise known as Aerial perspective creating imaginative landscapes using tonal values of a singular hue. The task is designed to not only demonstrate the concept but to hone colour mixing and brush work skills.





# STRAVA RUNNING UPDATE # 4

## “LET’S GET ACTIVE”

- ★ Strava Running kilometers
- ★ This challenge continues to keep our community as active as possible
- ★ Whether we’re in school, or not, lockdown or not, we want you and your family to be running!
- ★ Every Sunday 7pm I will be logging the kilometers completed by your house in the previous week.
- ★ Points tally will be on the Friday weekly update

Mutien

- 1882

Miguel -

1928

Jaime -

1344

Benilde

- 1258

## TIPS TO START RUNNING:

- Train three days a week.
- **Run** or **run/walk** 20 to 30 minutes, two days a week.
- Take a longer **run** or **run/walk** (40 minutes to an hour) on the weekend.
- Rest or cross-train on your off days.
- **Run** at a conversational pace.
- Consider taking regular walk-breaks.

LET’S KEEP RUNNING...

# Useful Links



[ES Student Absence Form](#)  
[HS Student Absence Form](#)



[HS Parent Calendar 2020/21](#)  
[ES Parent calendar 2020/21](#)



[Whole School Teaching Staff Email 2020/21](#)



[Term 2 AY 20/21 meal charges](#)  
[ES Menu Jan 2021](#)  
[HS Menu Jan 2021](#)



[Catholic Corner](#)



[PSG Update](#)



[Music Website](#)



[Sports Website](#)



[Epulse \(Top up credit\)](#)  
[Tapestry \(For ES\)](#)  
[Parent portal \(For ES\)](#)



University & Careers  
Counsellor (TBA)



[CCA \(Schoolsbuddy\)](#)



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or call 0125537202

[School Bookshop](#)