

SJIIM Weekly Update

24th February 2023

Important Dates:

9th Mar - Y13 PTM

21st August - Start of Term 1 for
Academic Year 2023-2024

Upcoming Events:

25th Feb - HS Sports Day

2nd Mar - Benilde Day

7th Mar - Sixth Form Options

15th Mar - IGCSE Options Evening

Enquiries:

T | +603 8605 3605

E | enquiries@sjj-international.edu.my

W | sjj-international.edu.my



ST JOSEPH'S INSTITUTION
INTERNATIONAL SCHOOL MALAYSIA
(TROPICANA PJ CAMPUS)

"Enter to Learn, Leave to Serve"

**Message written by : Mr Andy Bayfield - Assistant Principal - Character,
Development and Well Being**

Student Wellbeing: Anxiety, What it is and How Parents can help Their Children

'Anxiety; a feeling of panic or fear that can be mild or severe'. It sounds so simple when you Google it but anxiety is a complex, multifaceted beast that in the USA alone has spiked by 34% in the last two years when it comes to being clinically diagnosed. Some thinkers have called this point in history 'The Age of Anxiety', and no demographic is arguably more impacted than school age children.

What is anxiety?

Imagine stepping out of your door as a car whizzes past, the wind from its speed ruffling your hair. Your heart jumps a beat, sweat begins to form under your arms and you can feel your pulse drumming through your wrist. That is your body and mind informing you that danger is imminent; get out of the way! Then, as your brain registers the danger has passed, the sweat dries and the heart rate slows as your 'fight or flight' instincts tell you 'the danger has passed'.

For somebody living with generalized anxiety disorder, that initial feeling of fear does not pass. Instead, the brain remains in 'defend' mode, unable to differentiate between the actual danger (a car too close for comfort) and the relative safety once the car has driven on down the street.

The real nasty side of anxiety is that its symptoms are not just produced in life and death situations; a student can suffer the same whilst waiting for test results as a soldier does in the moments before a gunfight. Now your rational mind may think 'My word, how can you compare the results of an essay on Death of a Salesman to a firefight in a warzone? Pull yourself together and get some perspective!' and perhaps 30 years ago this response would have been common and accepted. As our understanding of the mind has become more developed, supported by emergent psychological studies and the birth of neuroscience, we now know that both the student facing the test and soldier staring down bullets are inveigled by the same, primal feeling underpinning their symptoms of anxiety; fear.

Our young people have lost 2 years of their lives to an unprecedented global pandemic, are bombarded with internet content meant to manipulate, persuade and scare, and are looking ahead at a world that will look completely different to the one they currently live in- no wonder they are fearful. So how can schools and parents help young people combat anxiety? Find out the answers [here](#).

Catholic and Christian Life


This week with the help of Fr Lawrence we celebrated Ash Wednesday Mass in school. It was so lovely to see families including grandparents attending this special Mass. A huge thank you to Fr Lawrence for coming to our school to distribute blessed ashes amongst our school community. At the end of the week a special Stations of the Cross service organised by the CCC team took place in our school chapel. Br Felipe began the service with a thought provoking opening prayer and everyone joined together in praying the Stations of the Cross.

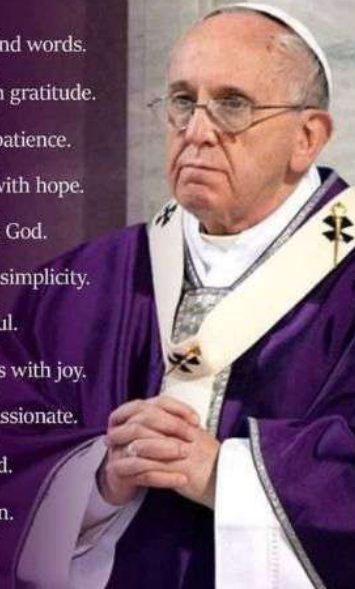
Wishing everyone a blessed Lenten season ahead.

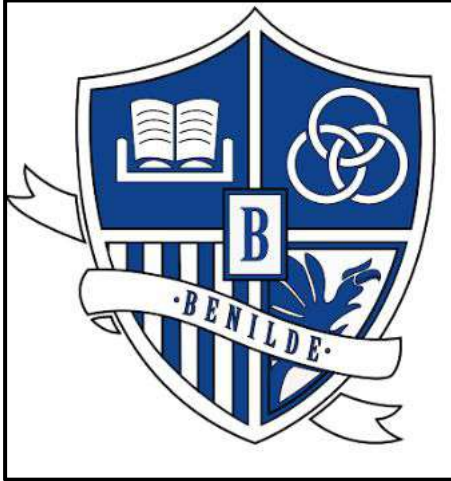


DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints; contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness; fill your hearts with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words; be silent and listen.

 Hope amidst isolation
VICARIATO DE ORIENTE





St Benilde Day

It's Benilde Day next Thursday, 2nd March. The House Captains and Leaders have prepared fun activities for the day including selling blue themed food and an opportunity to throw wet sponges at their teachers! As an act of service, children will also write gratitude letters on paper aeroplane hornbills (Benilde's House animal) and throw them to their chosen teacher! Benilde students are asked wear their House PE kit on the day and other children can wear a blue accessory.



School Photographs

Date : 6th March - 10th March

We are delighted to share that our school photographer will be in school to take class, individual and sibling photos. We are excited to have Fotorex back for the third year.

Teachers will give students a reminder closer to the actual date.



Swimming Pool Update

You will be happy to know that the swimming pool maintenance work is nearing completion. Next week, the pool will be refilled and the water treated. Hopefully, we will be swimming soon after!



Term 1 Academic Year 2023 - 2024

Please note that our Term 1 for the Academic Year of 2023-2024 will be starting on Monday, 21st August 2023

PSG Update

“Quench your thirst, recharge your energy for a good cause. Come to the drink and snack stall set up by the PSG during the sports day. For more details, kindly refer to the poster”

REFRESHMENTS
for **CHARITY**



**High School
SPORTS DAY**

25 Feb 2023 (Sat)
8.00AM to 12.30PM

**DRINKS & SNACKS WILL BE ON SALE AT
THE FOYER & GRANDSTAND AREAS**

All profits go towards purchasing athletic gear for **Rumah Kanak Kanak Impian (RKKI)**, a local orphanage that our PE Department will be working with during Term 3.

The PE department will also be accepting **used sports shoes** (cleaned, bagged & labeled). A donation box will be placed at the foyer on Sports Day. Age group : Girls ages 5-17 & Boys ages 8-14

We look forward to your support!

Brought to you by





Year 3 Trip to FRIM

This week our year 3 students, teachers, and a team of amazing parent helpers visited FRIM (Forest Research Institute Malaysia) to support their IPC learning (Saving the World). It was fantastic to see the different layers of the rainforest in real life and to learn more about the different plants and insects living on the forest floor. The year 3 students proved themselves to be excellent ambassadors for our school and a wonderful time was had by all.



Student Representative Council

The Key Stage 2 SRC team have been working on ideas to support the school's development plan. During meetings, students have shared suggestions made by their classmates and a unanimous decision to focus on 'student wellbeing' was made. Students discussed various ways children's wellbeing could be improved. So far, the team have composed a letter to Mrs. Federowicz to request for a water fountain to be installed near to the school field. They have also started to plan a selection of 'pop-up' stations during lunch times, providing students with various ways to support their wellbeing. The first initiative will be to provide a pop-up library in the 'Calm Zone' for children to enjoy, supervised by the SRC team themselves!



Library times for parents

A reminder for parents that the ES library is open for parents to bring their children after school from Monday to Thursday. The times are 3:00 - 4:15 pm. The library is not open in the morning.



Reminder - NO students riding in the lifts

A gentle reminder to all parents that students may not be taken up to class in the lifts. Only students with medical needs will be given lift passes by the nurses.

ChatGPT: A parent's guide



Over the last few months, there has been a great deal of discussion around Chat GPT and its role in education - both positive and negative. We have set up a working party of teachers to explore this new technology and its implications for students and teachers. To help start this discussion, here is a Parent's Guide from Common Sense Media.

What is ChatGPT?

ChatGPT is a computer program that uses artificial intelligence (AI) to generate text. Launched by research company OpenAI, it gathers large amounts of data from the internet to create responses on demand. ChatGPT is unique because its answers are in conversational format, similar to how people write and speak. It can write essays and computer code, solve math problems, and much more.

How do you use ChatGPT?

To use ChatGPT, you first create a free account on the OpenAI website. Then you simply type questions or commands in the text box. Your requests can be as basic or elaborate as you can imagine. For example, you could ask it to write a story in the voice of your favorite movie character. Or ask it to give you a recipe based on the food you have at home. The tool allows you to continue to refine the answer by adding more instructions. ChatGPT saves a record of your conversations that you can view or continue at a later time.

Where does ChatGPT get its information?

To craft its responses, ChatGPT copies and remixes information from other places on the internet. It doesn't tell you its sources or who created the original information. As of this article's publication date, it uses internet data created up to 2021 only. The tool is still being developed, so it can make mistakes, spread misinformation, and give inaccurate answers.

Why are schools banning ChatGPT?

Many schools are blocking ChatGPT on campus networks and school-issued devices. The concern is that students could use it to do their schoolwork for them, from writing papers to solving equations. They could also be turning in work with inaccurate information. Educators are worried the programme could affect students' learning if they rely on it.

Should children use ChatGPT?

OpenAI's Terms of Use state that users must be 18 or older. However, it doesn't ask users to verify their age when creating an account. Younger kids could easily access ChatGPT and come across content that's not age-appropriate. In addition, ChatGPT collects personal information and user data. This info is used to improve the system and can be shared with third parties for things like advertising. Under the Children's Online Privacy Protection Act (COPPA), collecting personal information from children under the age of 13 is illegal without parental consent.

If kids are interested in using ChatGPT, the best option is to use it alongside an adult. Kids could use ChatGPT with a parent or caregiver to get ideas about things they're interested in, like writing code or music. Families can explore the tool together and try prompts that are fun, inspiring, or helpful. Ask it to write a play with parts for everyone, or put together a poem in Yoda's style to read out loud.

Since ChatGPT is a new programme, there's a lot we don't know about it. As artificial intelligence tools become more available, it will be important for families to talk with kids about how to use them appropriately and responsibly.

How can I talk to my child about ChatGPT?

If your children use or want to use ChatGPT, consider talking about these topics:

- Explain the importance of checking the credibility of a source before trusting the information, and point out that ChatGPT does not give sources for its information.
- Help them understand that plagiarism is when you take someone else's work or ideas and present them as your own. Using ChatGPT to do your schoolwork could be considered plagiarism or cheating.
- Talk about how you might use ChatGPT as a family to be creative or get inspired. Have it create a list of outdoor activities for kids, or ask it to suggest a craft project to try.



Sports Day - Sat, 25th March

Tomorrow, High School will host their annual sports day at school. Students should arrive and be ready for instructions from their House Captains by 7:45am. Events will include futsal, netball, basketball, athletics and a variety of other activities. Families and spectators are welcome to attend and show their support!

Will Mutien defend their title or will another House take their glory?



UK universities visit

On Monday, we had three fantastic UK universities come to visit our year 11-13 students: King's College, Imperial College, and University College London. The universities presented on student life in London, what their universities can offer prospective students, and what makes the UK an attractive option for international students. The session was well-attended, with over forty students who took the initiative to sign up and attend. It was fantastic to see such thoughtful inquiries in the Q & A portion, and we look forward to welcoming these schools back next year."



High School Performing Arts Competition 2023

The 3rd Annual Inter-house Performing Arts Competition Finals took place over the 16th and 17th of February 2023, and we all were given the privilege of watching some wonderful performances from many talented students in HS! More photos and info found [here](#).



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



[ES Parent calendar 22/23](#)
[Parent Calendar 22/23](#)



[WS Teaching Staff Email 22/23](#)



[HS Menu Term 2 22/23](#)
[ES Menu Term 2 22/23](#)



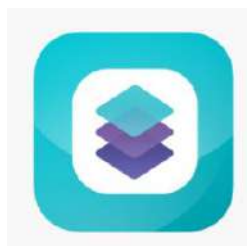
[Catholic Corner 22/23](#)



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[Music Website](#)



[Schoolsbuddy](#)
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[Epurse \(Top up credit\)](#)
[Tapestry \(For ES\)](#)
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If you need support, please email customerservice@tekgroup.my or call 0125537202 (Ms Kosmita)
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