

SJIIM Weekly Update

3rd March 2023

Important Dates:

9th Mar - Y13 PTM

17th Mar - Y1-6 Languages PTCs

20/22nd Mar - EY-Y4 & Y6 PTCs

11/13th April - Y5 PTCs

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

Upcoming Events:

7th Mar - Sixth Form Options

15th Mar - IGCSE Options Evening

22nd Mar - HS Spring Showcase
Concert

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

"Enter to Learn, Leave to Serve"

Message written by : Mr Ryan Long, Whole School Head of PE & Activities

"Benefits of sport and physical activity for character and well-being"

Uncharacteristically for a PE teacher, I am not a sports fan, nor have I ever been. I don't watch football, rugby, golf or any other sport on the television and I am pretty sure that I would seriously struggle in a trivia quiz round about current professional sport.

What I am a fan of and do value highly, is physical activity in all of its forms and I appreciate the positive impact it can have on us all. Research has proven that physical activity can help to improve the physical, social and mental aspects of wellbeing. The benefits to physical health are perhaps the most obvious with outcomes like maintaining bodyweight, reducing the risk of illness or disease and improving fitness levels.

The mental and social benefits physical activity brings are far more important for me personally than the physical and these are particularly evident with regards to joining a sports team or group. Team sports help to satisfy our basic need for social interaction, making us feel connected and giving us a sense of belonging. The first thing I did when I moved to Malaysia was join several sports teams and instantly it gave me friendship groups and a sense of family away from home. Mentally, exercise can also help us to de-stress, allowing us to relax and enjoy ourselves; we also often feel good about ourselves after we have been physically active, leaving us with a positive mindset and outlook for the rest of the day.

Playing sport also builds character in a variety of ways. It develops the ability to win and lose with grace and by learning to be honest and play by the rules. It provides opportunities to review your performance and make decisions for how to improve. Individual activities help to develop independence and responsibility, you have to plan and commit to your own goals and hold yourself accountable for achieving them. Team sports help to develop other aspects of character such as teamwork, leadership and communication as well as the ability to cope with stress and manage arousal levels.

I could not possibly cover all of the possible ways that physical activity and sport can benefit an individual in this short passage alone because they are so vast and varied. I believe that everyone can and should find their own individualised value and meaning in physical activity and sport. If you want to get involved in a sports team or want to talk about taking your next step to becoming more physically active, please discuss it with a member of the PE team and we will all be happy to help.



St Benilde Day

On Thursday this week, it was our Benilde students turn to celebrate their Saint's Day. It was a joyous affair, which the Benilde House Captains did a fantastic job of organising and leading. The day kicked off with learning about St Benilde's life from some creative and informative slides put together by our Y6 House Captains. Blue 'gratitude' paper aeroplanes were seen flying around school with children's messages of thanks written on them for the teachers they chose to aim at! Children were treated to blue themed food at break and lunch, with ice cream blue sodas being a bit hit! To finish, children got the pleasure of throwing wet sponges at their courageous teachers, who are always happy to put themselves in harms way! Thank you to all the House Captains, and our Benilde House Leaders Mr Hussain and Mr Long for making it all happen.



School Photographs

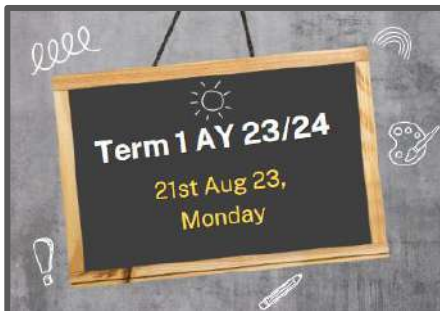
Date : 6th March - 9th March

We are delighted to welcome back our school photographers next week. As in previous years, sibling photos will be taken as you drop your children off to the foyer and class photos will follow a timetabled schedule. Any fixture photos will require PE kit to be worn. Kindly check that your child is wearing their full school uniform on their photo day with plain socks and black shoes.



Swimming Pool Update

Repair work to the swimming pool has now been completed and we are in the process of filling the pool. Once the pool is filled, it will take a few days to ready the pool. We hope for lessons to resume from the week beginning 13th March.



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



Y5 & 6 FOBISIA Art Competition

In their specialist art lessons with Ms Tan this term, our Year 5 and Year 6 students have explored their unique cultural backgrounds, and celebrated their diversity through the medium of art. In the 'My Culture Through My Eyes' FOBISIA art competition, students considered cultural traditions they practiced, and used a variety of art materials; watercolours, tempera paints, oil pastels and markers, to develop a piece of art that reflected their culture. Two children from each year group were selected as our school's entry into the finals hosted by The English School of Mongolia. Their art work will now be displayed and judged by the children and staff at that school. All our Y5 & 6 children produced fantastic work but our finalists pictured here were; Lee Yerin, 5I, Vishahan Saravana Kumar, 5J, Li Xiaomi, 6M & Kara Wong, 6J. We congratulate them and wish them good luck for the finals.



EY & ES Parent Teacher Conferences

We are pleased to inform you of the following Parent Teacher Conferences for Language and Class Teachers in Early Years and Elementary School. These are opportunities to meet your child's teachers to discuss their pastoral and academic development. Appointments are made through the school's online booking system, Meet the Teacher. Information on accessing this platform has been sent already to your family emails. Booking opens 6th March, 8am and closes 16th March, 4pm.



Please visit sjim.meettheteacher.com to book your appointments.

Early Years & Elementary School Mandarin, Bahasa & EAL Teacher Consultations
Dates: Friday, 17th March
Time: 8.00am-2.30pm



Early Years & Elementary School Class Teacher Consultations (Year 1 - 4 & Year 6)
Dates: Monday, 20th March
Time: 3:15pm-7:30pm
Dates: Wednesday, 22nd March
Time: 3:15pm-5:30pm

Elementary School Class Teacher Consultations (Year 5)
Dates: Tuesday, 11th April
Time: 3:15pm-7:15pm
Dates: Thursday, 13th April
Time: 3:15pm-5:30pm

High School Sports Day

The High School celebrated a fantastic Sports Day on Saturday with all students competing enthusiastically for their houses. They were fantastically supported by the PSG who provided snacks and cold drinks during the hot sunny day. The final victors were Mutien who were able to hold onto their Sports Day victory for another year. It was very close throughout the day with all houses taking the top spot at various points in the day but it all came down to the relays at the end! All houses did extremely well competing in a wide range of events from welly wanging to basketball, three legged race to futsal and many more! It was incredible to see the support from parents and younger siblings. A true SJiIM community day.



PSG Update

The PSG is delighted to raise a total of RM 3,000 from the sale of snacks and refreshments during the high school sports day. This amount will be channeled towards the purchase of sports equipment for Rumah Kanak-Kanak Impian (RKKI). The PSG would like to thank both parents and students for supporting this initiative.





Year 9 Service Project: "Make your Mark"

This week saw the commencement of this year's Year 9 Service Project: "Make your Mark". The aim of this project is to develop key skills by using real money to take calculated risks in business. Once their project has been approved, each team will receive RM50 as their start-up capital and the challenge provided by this project will help them develop their problem-solving skills using the incentive of 'real' money. All profits from their enterprise will go towards supporting the LYM project in purchasing art stationery, artistic supplies and utensils for the children in our school's partner homes.

Over the coming weeks, students will experience setting up and running their own business: from creating a product, designing a company logo, working as a team, managing a budget and trading directly with their target audience. We see this as a great opportunity for students to be creative about using money and utilise their entrepreneurial skills. The idea is to see what they can achieve with a RM50, not just by making money but also by making a difference in our community. Trading began on Wednesday and will finish on the final day of this half term; 25th March 2023.



HS Spring Showcase Concert

The upcoming HS Spring Showcase Concert is set to take place on the 22nd of March, from 5.30 pm to 6.45 pm. We have a variety of performances from different music groups in school who have been practising diligently over the course of the term, including the school orchestra, choir and rock band. The winners of the Inter-house Performing Arts Competition are also set to perform, so come along for an evening of music and drama! We hope to see all of you there supporting the talented students of HS!



Lasallian Youth Movement Update Assembly by David Motha

This Monday, the LYM Leaders and Deputies led an assembly outlining some of the many service projects being executed this term, along with short presentations by members of each project. Please find the projects info [here](#).

We are so proud of the LYM community for brainstorming, planning, and going through with these projects, and we hope to spread the message of Appreciation to all high school students!

HS Photography



Wednesday, 8th March - Year 7,8,9,12 and 13

Thursday, 9th March - Year 10 & 11 and School's Sports Squads.

Students are reminded to wear the Monday formal uniform for the photoshoot and bring along the sportswear to change if they are in the Sports Squads team.

Students have been informed of their date and time for their photograph and a communication has gone to parents.

The schedule has also been included.

8th March

9:45	7K 2022/23
10:00	7L 2022/23
10:15	7M 2022/23
10:30	7Y 2022/23
10:45	8K 2022/23
11:00	8L 2022/23
11:15	8M 2022/23
11:30	9K 2022/23
11:45	9M 2022/23
12:00	13K 2022/23
12:15	13L 2022/23
14:00	9Y 2022/23
14:15	12K 2022/23

9th March

8:45	11K 2022/23
9:00	11L 2022/23
9:45	11M 2022/23
10:00	10K 2022/23
10:15	10M 2022/23
10:30	10Y 2022/23
10:45	10L 2022/23
11:00	U13 Football
11:15	U13 Basketball
11:30	U13 Netball
11:45	U15 Football
12:00	U15 Basketball
12:15	U18 Football
14:00	U18 Basketball
14:15	U18 Volleyball
14.30	HS Swim team



[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](#)



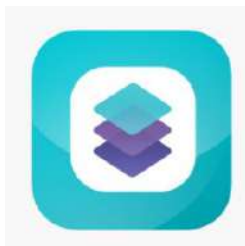
[Catholic Corner 22/23](#)



[PSG Update 22/23](#)



[Music Website](#)



[Schoolsbuddy](#)
[WS CCA](#)



[E-purse \(Top up credit\)](#)
[Tapestry \(For ES\)](#)
[Parent portal \(For ES\)](#)



[Sports Fixtures Website](#)



If you need support, please email customerservice@tekgroup.my or call 0125537202 (Ms Kosmita)
[Online guide for SJIIIM](#)
[HS Booklist 2022/23](#)
[ES Booklist 2022/23](#)