

3 September 2021, Issue 120



THIS
WEEK'S
TOPICS

CAMPUS PRINCIPAL'S MESSAGE

Many of us have been affected by the tumultuous events of the past year. Our sleeping patterns have been impacted, leaving us wide awake with worries in the early hours of the morning and reaching for the coffee during the day. Our students complain that they are unable to sleep at night and feel tired in the day.

If you are currently struggling to switch off at night, you might benefit from practising 'sleep hygiene' – a system of behaviour that studies have found can deliver longer and better quality sleep. Paying attention to your sleep hygiene is not just about setting up a calm atmosphere for sleeping, but also checking your habits during the day, which can play a key role too. These include your dietary choices, evening routine, and

even your exposure to daylight.

If you are looking forward to a good night's sleep, experts say the key to success is consciously forming positive habits over time. For example, if you are in a cycle of bad sleep, the last thing you probably want to do is go for a run before bedtime even though experts say that 30 minutes of aerobic exercise per day can improve your sleep quality.

Our smartphones, tablets, computers and other electronic gadgets have become such a huge part of our daily lives that it is often hard to put them down but we should leave our laptops, smartphones, television sets and our work out of the bedroom. As well as being distracting, these gadgets produce a blue light that can

block the sleep hormone 'melatonin' in the brain.

Finally, one of the simplest ways to have a good sleep is to make sure you're completely relaxed when you go to bed. Try to develop a wind-down routine at least 60 minutes before you go to bed. Students should not rush to work on demanding assignments or revise a difficult topic as it will stimulate the brain. Instead, listen to relaxing music or reading a book to unwind and prepare to sleep. Seek the advice of teachers or your parents if you need assistance in your 'sleep hygiene' so that, your sleep will improve and benefit your health and studies. There is wisdom in the saying, "Early to bed, early to rise, makes a man healthy, wealthy and wise."

KEEPING AWARE
WITH STUDENTS'
DEVELOPMENT

REVISED IGCSE
RESULT

MISP TALENT
SHOW

PEMBELAJARAN
DIDIK LIBUR

CAMPUS

PRINCIPAL'S MESSAGE TRANSLATED

我们当中的许多人受到过去一年的冠病事件所影响。我们的睡眠受到了影响，在清晨，我们充满着担忧。我们的学生抱怨说，他们晚上失眠，整天感到疲倦。

如果你目前在晚上很难入眠，你或许可以尝试一个称为“卫生的睡眠”的习惯——一个研究发现，这种行为系统可以提供更长、更优质的睡眠。注意睡眠卫生不仅仅是为睡眠营造一种平静的氛围，还要观察你日常的习惯，这也可以起到关键作用。这些包括你的饮食选择，晚上的常规，甚至是曝晒在日光下。

专家说，如果你期待好的睡眠，成功的关键在于有意识地随着时间养成积极的习惯。例如，如果你处于睡眠不好的循环中，你可能最不想做的事情就是睡前跑步，尽管专家说每天30分钟的有氧运动可以改善你的睡眠质量。

Jika anda mempunyai masalah untuk berehat pada waktu malam, anda mungkin boleh mengamalkan langkah-langkah 'kebersihan tidur' bagi mendapatkan tidur yang lepa dan berkualiti. Amalan 'kebersihan tidur' bukan sahaja tertumpu kepada suasana tenang untuk berehat sahaja, malah tabiat kita pada siang hari turut memainkan peranan penting. Ini termasuk aspek pemakanan, rutin di waktu petang dan pendedahan kepada cahaya matahari.

Kita perlu memupuk cara hidup yang positif dan bersesuaian bagi mendapatkan tidur yang berkualiti. Sebagai contoh, walaupun kajian menunjukkan senaman aerobik selama 30 minit setiap hari dapat meningkatkan kualiti tidur, melakukan aktiviti larian sejurus sebelum tidur adalah usaha yang tidak efektif untuk memperbetulkan corak tidur kita.

Alat peranti digital seperti telefon pintar, tablet dan komputer

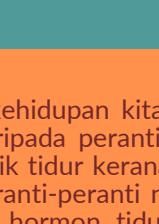


我们的智能手机、平板电脑、电脑和其他电子产品已经成为我们日常生活中很重要的一部分，以至于很难放下它们，但我们应该把笔记本电脑、智能手机、电视机和工作放在卧室之外。这些电子产除了分散注意力，还会产生蓝光，可以阻断大脑中的睡眠激素“褪黑激素”。

最后，睡个好觉的最简单方法之一是确保睡觉时完全放松。尽量在睡觉前至少60分钟制定一个放松的常规。学生不应该急于要求作业或修改一个困难的话题，因为它会刺激大脑。相反，听轻松的音乐或看书放松，准备睡觉。如果您在“睡眠卫生”方面需要帮助，请征求老师或家长的意见，这样，您的睡眠将改善并有益于您的健康和学习。俗话说“早睡早起，使人健康、富有、聪明”。这句话有智慧。



sudah menjadi sebahagian besar daripada kehidupan kita. Walaupun sukar untuk memisahkan diri daripada peranti-peranti ini, seharusnya ia tidak dibawa ke bilik tidur kerana selain terganggu dengan bunyi dering, peranti-peranti ni mengeluarkan cahaya biru yang menyekat hormon tidur 'melatonin' di otak.

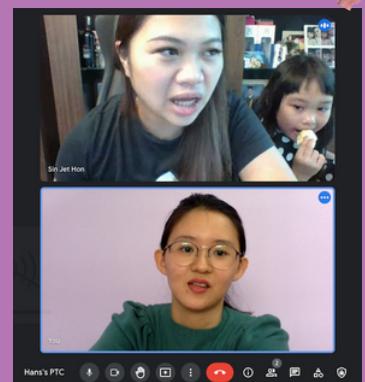


Selain itu, cara yang paling mudah untuk tidur lepa adalah dengan memastikan kita betul-betul berehat apabila berada di atas katil. Pelajar boleh mengamalkan rutin 'wind-down' 60 minit sebelum waktu tidur dengan tidak melakukan aktiviti-aktiviti yang akan merangsang otak. Sebaliknya, dengarlah alunan muzik yang menenangkan atau bacalah buku sebelum tidur. Dapatkan nasihat guru-guru dan ibu bapa jika anda perlukan bantuan mengamalkan 'kebersihan tidur' supaya badan kekal sihat untuk belajar. Tidur awal dan bangun awal membuatkan anda sihat, kaya dan bijak!



Keeping Abreast with Students' Development

We appreciate our parents for taking time off to attend our Parent-Teacher Conference held on 29th and 30th July. The sessions focused on the academic progress and growth records of students based on classroom observations, students' portfolios and their classroom activities. In these sharing sessions, our teachers also learned the strengths, needs, behaviour, and learning



styles of our students from the parents/guardians.

Both parties then discussed progression or intervention strategies to support students' learning and address issues that might be interfering with their learning and growth. This Home-School partnership to help our students grow and develop to their fullest potential.

REVISED BETTER IGCSE RESULTS



CONGRATULATIONS



We wish to congratulate Low Yu Thong, Valedictorian Year 11 2020/2021 for her outstanding results in the IGCSE exam. The latest revised results from CIE have made her the top achiever in school with 10 A*/A (9A*'s and 1 A.) Bracing the challenging learning environment during the pandemic, she has proven that hard work and perseverance can lead to fantastic achievements. She is not only good in her studies, but she is also active in other areas as well. She represented the school in the Malaysian Secondary Schools District level athletics competition (MSSD) It is a compelling testimony on how the school has provided the excellent environment for our students to flourish.

"I am very happy with my results as I have always done my best throughout my years in school. I want to thank all my teachers and friends for supporting me all the way and also the school for providing me with a scholarship to continue my studies in this conducive environment that has helped me a great deal in my success. It has been hard adapting to online classes, but the teachers have been very helpful in guiding all the students to cope with their challenges. I am going to miss this school as I have had many pleasant memories here in MGS."

~ Low Yu Thong, August 2021

MISP TALENT SHOW

CONGRATULATIONS

"I enjoy singing and dancing."
Z-Shan, Year 2 Winner for
Mile Post 1

"I'm dedicating this song 'Kau Ilhamku' to all the teachers."
Ramos Valence, Year 4
Winner of Mile Post 2

Winner of Mile Post 3, Jarred
Netawat from Year 6,
dancing to the beat of 'Beat
It' by Michael Jackson



Before the last academic term ended, Matrix International School had a Virtual Talent Show to celebrate the talents of our primary students. From singers and dancers to magicians, our young talents

performed a variety of acts using musical instruments to showcase their abilities. Our congratulations to all the participants and winners for each mile post.

[Watch Now!](#)



Pembelajaran Didik Libur

Pembelajaran secara dalam talian tidak menyekat murid-murid untuk sentiasa belajar. Malah, dalam masa yang sama, murid-murid bermain sambil belajar atau lebih dikenali didik libur. Sebagaimana kita ketahui,

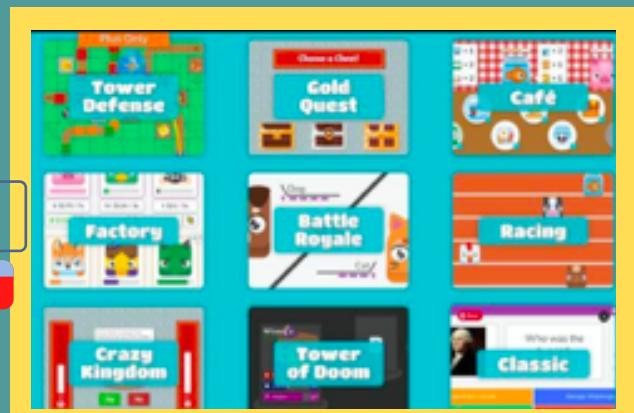
pembelajaran secara didik libur amat diminati oleh murid-murid. Pembelajaran secara didik libur merupakan pembelajaran amat interaktif dan menarik minat murid untuk melibatkan diri secara aktiviti ketika pembelajaran berlangsung.



Permainan yang menyeronokkan dan interaktif dalam kelas Bahasa Melayu Standard 1M yang menjadikan pembelajarannya menarik.

Manakala dalam pembelajaran Bahasa Melayu Tingkatan 3M, guru mata pelajaran telah menggunakan Aplikasi Canva semasa pembelajaran Tema Ekonomi Mampan, Negara Makmur untuk menggalakkan murid-murid mereka cipta poster menggunakan aplikasi tersebut mengikut daya kreativiti masing-masing. Selain itu, murid-murid juga diberi peluang membuat video masakan. Aktiviti sebegini dapat membantu murid mengasah bakat dan kreativiti mereka sambil belajar.

Dalam mata pelajaran Bahasa Melayu Tahun 1, guru mata pelajaran memperkenalkan permainan pelajaran menggunakan Aplikasi Blooket yang menarik minat murid. Mereka akan bermain berkali-kali dan mengingati apa yang dipelajarinya. Aplikasi ini menggabungkan permainan + kuiz (games+ quizizz + kahoot). Blooket ini mempunyai pelbagai aktiviti dan setiap permainan mempunyai tahap kesukaran yang berbeza dan mencabar.



Permainan dalam talian dan kuiz adalah aktiviti yang dinanti-nantikan oleh para pelajar.