



THIS WEEK'S TOPICS

- 📍 WHAT HOSPITALS ARE LIKE?
- 📍 NEW ACADEMIC YEAR FOR MIS
- 📍 LEARNING NEW SKILLS IN COMPUTER SCIENCE
- 📍 VIRTUAL SPORTS DAY RESULTS
- 📍 VIRTUAL MGS CCA CONTINUES

CAMPUS PRINCIPAL'S MESSAGE

This week we received the exciting news that our Early Years may open for onsite learning. So starting on Monday 13 September, we are ready to welcome our young ones back to our beautiful campus to resume their in-person learning in class.

Whilst there is a joy for the young ones, our MIS are starting their new 2021 / 2022 academic year this week with lessons still conducted online. Many students are very stressed by the need to continue their online studies and have wished fervently to be allowed to be physically back in school to study together with their teachers and classmates. While we understand this stress, we would like to advise students to view their situation from a different perspective and to learn to apply the reappraisal process to improve their emotional experiences and life. What is the reappraisal process and why is it important?

Reappraisal is a concept that involves reframing an event to reduce the negative emotions caused by the event. For example, when we spill our food in our lunch tray on the ground and we have nothing else to eat for lunch, we may react to the situation by showing our anger and creating a scene. But does this help? Or we may say that spilling the food is not that bad as it will help us stay on our diet or it is alright as we can eat something else later when we reach home. We may also comfort ourselves by thinking that it is alright as many people in the world also suffer from hunger every day and we are just without food only for lunch.

The goal of reappraisal is to talk to ourselves in ways that make us feel better about the situation. While we cannot change the situation, we can definitely change the way we think about our experiences and not let the situation affect us too much. We should view the challenges as opportunities

and to focus on the positive aspects of the situation and not the depressive side of what has happened.

An ability to successfully reappraise enables us to reduce negative emotions and open us up to experiencing happiness, even during difficult times, especially during the current Covid-19 pandemic which, hopefully, will not last forever. So students who are stressed out, do cheer up and reappraise your situation to improve your emotional state so that you can be focused on your studies and achieve your goals in life. Instead of seeing your life during the pandemic as a cup that is half empty, view it as a cup that is half full with many opportunities for you to fill it to the brim!



本周我们收到了一个激动人心的消息，即我们的学前班孩子可以返校复课。因此，从9月13日星期一开始，我们准备迎接我们的学前班的学生回到我们美丽的校园，恢复在校学习。

固然学前班的孩子可以返校上课的消息很令人高兴，但我校国际部刚开始的新学年（2021/2022），课程仍在网上进行。有许多学生表示，他们对于继续在线学习的必要性倍感压力，并热切希望能够回到学校与老师和同学一起学习。虽然我们理解这种压力，但我们希望学生可以从不同的角度看待自己的处境，并学会“重新评估”来改善我们的情绪体验和生活。什么是“重新评估”？为什么它很重要？

重新评估是一个概念，涉及到不同方式去思考，或者考虑更加积极的方面，进而改善我们的情绪体验，也就是说，往好的方面思考，可以减少我们对事件的负面情绪。例如，当我们把午餐托盘里的食物洒在地上时，我们就没有别的东西可以吃了。我们可能会对这种情况做出反应，表现出我们的愤怒。

Minggu ini kami menerima khabar yang mengembirakan bahawa Prasekolah MGS akan dibuka untuk pembelajaran bersemuka. Oleh itu, bermula Isnin 13 September, kami telah menerima kembali pelajar-pelajar cilik ke kampus untuk meneruskan pembelajaran di kelas.

Walaupun begitu, MIS akan memulakan tahun akademik baru 2021/2022 minggu ini dengan kelas yang masih dijalankan atas talian. Ramai pelajar berasa sangat tertekan atas lanjutan cara pembelajaran sebegini dan sangat berharap agar mereka dibenarkan kembali ke sekolah secara fizikal untuk belajar bersama guru dan rakan-rakan. Pihak sekolah amat bersimpati, namun para pelajar dinasihatkan untuk melihat keadaan ini daripada perspektif yang berbeza dan belajar menerapkan proses penilaian semula untuk membina kecekalan emosi dalam kehidupan mereka. Apakah proses penilaian semula dan apa kepentingannya?

Penilaian semula adalah sebuah konsep yang melibatkan penyusunan semula situasi untuk mengurangkan emosi negatif yang disebabkan oleh situasi tersebut. Contohnya, apabila kita tertumpah bekal makanan dan tidak mempunyai bekal lain untuk makan tengah hari. Kita mungkin akan meninggikan suara dan menunjukkan reaksi marah untuk melepaskan geram. Namun, adakah itu akan mengubah keadaan?

但这对事情有帮助吗？如果我们重新评估这件事的话，我们可以说，食物洒在地上其实并没有那么糟糕，因为它提醒我们要节食，或者我们可以在回家后吃一点别的东西。我们也可以让自己往更积极的方面想，告诉自己，这是一件好事，因为它提醒了我们世界上有许多人每天都在挨饿，我们只是没有了午餐而已。

重新评估的目的是与自己交谈，让我们通过改变情境意义来管理感觉。虽然我们不能改变这种情况，但我们绝对可以改变我们思考方式，改善我们的情绪体验，不要让这种情况对我们影响太大。我们应该把挑战视为机遇，并将重点放在积极的那一面，而不是消极的那一面。

成功地重新评估的能力使我们能够减少负面情绪，让我们敞开心扉体验幸福，即使是在困难时期，或像是现在全球流行的2019新冠病毒，也不会是永久性的。所以，那些压力很大的学生，一定要振作起来，重新评估你的处境，改善你的情绪状态，这样你才能专注于学习，实现你的人生目标。不要把你在流感大流行期间的的生活看成是一个半空的杯子，而要把它看成是一个半满的杯子，你有很多机会把它装满！

Mungkin kita boleh menenangkan diri dengan berkata, inilah peluang kita untuk mengurangkan makan dan tiada masalah untuk kita makan kemudian di rumah. Kita juga boleh mengalihkan fikiran kepada jutaan manusia di seluruh dunia yang menderita akibat keburluran dan situasi kita ini tidaklah begitu teruk berbanding mereka.

Tujuan utama penilaian semula adalah untuk melihat suatu keadaan daripada perspektif berbeza yang lebih positif. Walaupun kita tidak mampu untuk mengubahnya, kita masih boleh mengubah persepsi kita terhadap situasi tersebut dan tidak membiarkan sesuatu cabaran kekal negatif yang menyebabkan kita terus tertekan.

Kebolehan untuk menilai semula dengan jayanya akan mengurangkan emosi negatif dan membentuk pengalaman gembira, walaupun dalam keadaan sukar - pandemik Covid-19 ini tidak akan berlarutan selama-lamanya. Oleh itu, janganlah para pelajar bersedih hati. Cekalkan hati dan nilai semula situasi supaya tidak terlalu beremosi agar dapat menumpukan perhatian kepada pembelajaran. Tukarkan perspektif daripada melihat pandemik ini sebagai separuh gelas yang kosong; sebaliknya lihatlah situasi ini sebagai separuh gelas penuh yang menantikan anda memenuhinya dengan lebih banyak pengalaman manis!

What Hospitals Are Like?



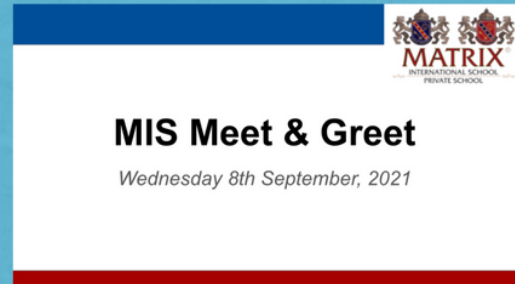
On 10th September our 6 year old children of Young Adventurers from Matrix International Early Years had an exciting online IPC lesson on 'What Are HOSPITALS Like?' based on the IPC topic 'How Are You?'. In this lesson, they learnt all about hospitals and how to behave when visiting them. To make the theme more realistic to the children, the class as well as the teacher, dressed up as doctors, nurses and sick or injured patients. Connecting children with real-life situations always help them learn more meaningfully.



New Academic Year for MIS

Meet & Greet Sessions for MIS

These sessions were held on Wednesday 8th September for both primary and secondary parents to give them the opportunity to get to meet their child's homeroom teacher as well as to be briefed on the expectations for MIS.



MIS Secondary - Progression Tests

Over the next two weeks, MIS Secondary students will be taking progression tests. A progression test is a diagnostic assessment that allows the school to identify what areas a child is doing well in and what areas he/she still needs to improve on further. These assessments will be used by the school to inform learning and teaching so we can help support our students further in their learning.

With the start of a new school year, there are many different things our students need to get used to. While it can cause them to have different feelings (e.g. excitement, nervousness, joy), it is important for them to remember that trying new things is a great way to help them get better in their learning and to grow.

MIS Primary - Weekly Challenges

In MIS Primary, we give our students a weekly challenge to allow our students to push and challenge themselves in different ways. These activities are optional and provide another different way for students to learn from home.

This week we challenged our MIS Primary students to try doing a new activity that they have always wanted to do but never tried before. Below are some of the great responses we received from our students:



Harshini (Year 2) feeding the family fish.



Z-Shan (Year 2) swimming with dolphins.



Havleen (Year 2) learning how to drive a remote control car. "I'm learning how to use the remote to control the car. It has been difficult to learn but it is not impossible. I'm so excited and happy."



Ramos (Year 4) learning to do yoga.



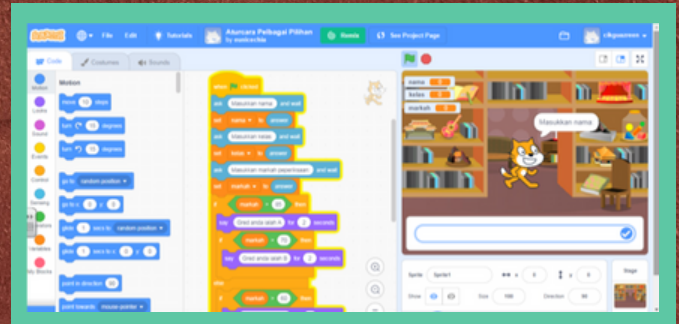
Shesveneish (Year 4) making tie-dye t-shirts with his sister.

Learning New Skills in Computer Science

In MPS, computer science is not just the study of how computers work. It also has a theoretical and mathematical focus and involves exploring processes, such as algorithms, to solve problems. When studying computer science, you gain an understanding of how a computer performs (hardware) and how programming language works (software).

FORM 1 - CODING WITH SCRATCH AND CREATING A STORYBOARD FOR WEBSITE

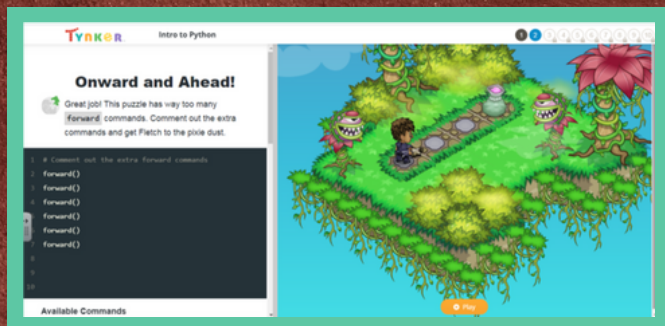
Form 1 students expand their creativity by creating a project with an application named Scratch. Students programme their own interactive games and animations and share their creations with others in the online community. Scratch helps young people learn to think creatively, reason systematically and work collaboratively, all essential skills for life in the 21st century. Students learn how to create a Website from storyboard and transform it into the real website by using HTML code.



*"In my first ASK lesson I was shocked to learn that 1+1 is not 2 but 10 in the Computer Science subject!"
(Chia Ler Tian, F1M, MPS)*

FORM 2 - CODING WITH PYTHON

Students enhance their knowledge from scratch projects to Python. Using the relevant software, they gain a deeper understanding of the development of the life cycle functions. With time, they will learn how to plan before writing the code, execute the code, manage the testing process, fix bugs, deploy the code, and also update the software product from time to time. Students also have experience creating games using code on Coding for Kids and Tnyker.



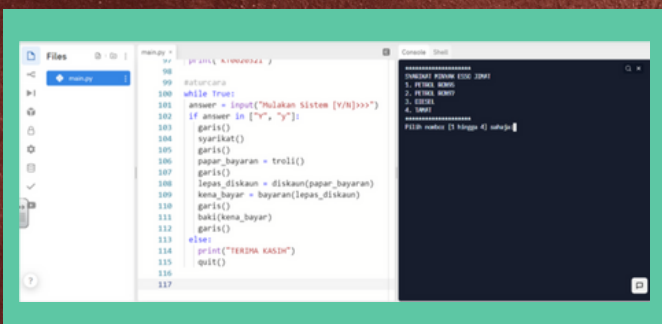
*"The lesson was very interesting!"
Woo Fung, F2A*

FORM 3 - CREATING A DATABASE USING MICROSOFT ACCESS To Make A PROJECT USING PYTHON

Students learn how to create a dummy database using a Microsoft Access database and create advanced coding by using Python.



*"It was really intriguing to learn and gain a certificate for this subject!"
Brendan Mak, F2A*



*"It is really interesting and challenging to learn coding with Python,"
Kwee Jing Heng, F3A*

VIRTUAL SPORTS DAY RESULTS

We would like to thank all the participants of our virtual sports day. 384 submissions were received from the schools and our sports department is now busy calculating the points earned for each house. The whole process is time-consuming as all submissions need to be reviewed and the time is calculated to the last second to determine the winner. Find out about the results as we will be announcing the winners, starting from this week's of the MGS Echo Issue.



Sports Day Results for Lower Primary

Standard 1-3 / Year 1-3

Girls

Boys

Ball throw and catch against the wall

1st	Ten Ruo Yu	Standard 1A	Newton	1st	Ethan Tan	Year 2M	Gandhi
2nd	Havleen Kaur A/P Prminder Jit Singh	Year 1M	Einstein	2nd	Ramos Valence Gurung	Year 3M	Einstein
3rd	Zara Arissa Binti Mohammad Ibrahim	Standard 3A	Gandhi	2nd	Ten Yee Jun	Standard 3M	Newton
4th	Dhevaswathii Parama Sivam	Standard 2M	Einstein	3rd	Vyash Wickrama Suriya	Standard 1M	Newton
				3rd	Wyatt Leyton Cheng	Standard 1M	Einstein
				4th	Jordan Roy Joachim	Standard 3A	Newton

Bouncing Ball

1st	Havleen Kaur A/P Prminder Jit Singh	Year 1M	Einstein	1st	Vyash Wickrama Suriya	Standard 1M	Newton
2nd	Ashreyna Kaur Mallan	Year 2M	Gandhi	2nd	Ethan Tan	Year 2M	Gandhi
3rd	Dhevaswathii Parama Sivam	Standard 2M	Einstein	3rd	Wyatt Leyton Cheng	Standard 1M	Einstein
3rd	Sameera Thevy Manidharan	Year 3M	Gandhi	4th	Aasshman a/l Prushotman	Year 2M	Gandhi
4th	Zara Arissa Binti Mohammad Ibrahim	Standard 3A	Gandhi				

Frying Pan

1st	Dhevaswathii Parama Sivam	Standard 2M	Einstein	1st	Vyash Wickrama Suriya	Standard 1M	Newton
2nd	Havleen Kaur A/P Prminder Jit Singh	Year 1M	Einstein	2nd	Ramos Valence Gurung	Year 3M	Einstein
3rd	Sameera Thevy Manidharan	Year 3M	Gandhi	3rd	Dhevaswars Parama Sivam	Standard 1A	Newton
4th	Ashreyna Kaur Mallan	Year 2M	Gandhi	3rd	Chiah Zuin Yi	Standard 3M	Einstein
				4th	Evan Kaien Tan	Standard 3M	Newton

Roll the Sock

1st	Zara Arissa Binti Mohammad Ibrahim	Standard 3A	Gandhi	1st	Vyash Wickrama Suriya	Standard 1M	Newton
2nd	Mak Yuen Yee	Standard 1M	Einstein	2nd	Yudhistir Kuselan	Year 1M	Einstein
3rd	Dhevaswathii Parama Sivam	Standard 2M	Einstein	3rd	Ayden Kingston Lee	Standard 1M	Newton
4th	Sameera Thevy Manidharan	Year 3M	Gandhi	3rd	Lim Shu Ee	Standard 1A	Einstein
				4th	Carlos Hong Jia Ler	Standard 2A	Newton
				4th	Ethan Tan	Year 2M	Gandhi

Skipping

1st	Zara Arissa Binti Mohammad Ibrahim	Standard 3A	Gandhi	1st	Muhammad Harith Fayyadh Bin Mol	Standard 2M	Einstein
2nd	Dhevaswathii Parama Sivam	Standard 2M	Einstein	2nd	Aasshman a/l Prushotman	Year 2M	Gandhi
3rd	Havleen Kaur A/P Prminder Jit Singh	Year 1M	Einstein	3rd	Yong Yan	Standard 3A	Newton
4th	-			4th	Vyash Wickrama Suriya	Standard 1M	Newton

Throw and Catch

1st	Sameera Thevy Manidharan	Year 3M	Gandhi	1st	Muhammad Harith Fayyadh Bin Mol	Standard 2M	Einstein
2nd	Zara Arissa Binti Mohammad Ibrahim	Standard 3A	Gandhi	2nd	Ethan Tan	Year 2M	Gandhi
3rd	Hirashah	Standard 1M	Gandhi	3rd	Vyash Wickrama Suriya	Standard 1M	Newton
4th	Harshini a/p Kanapathi Saravanan	Year 1M	Da Vinci	4th	Wyatt Leyton Cheng	Standard 1M	Einstein
4th	Dhevaswathii Parama Sivam	Standard 2M	Einstein	4th	Ten Yee Jun	Standard 3M	Newton

Standard 4-6 / Year 4-6

Girls

Boys

1 Minute Jumping Jacks (Star Jump)

1st	Chloe Chiah Hor Yee	Standard 4M	Einstein	1st	Jarred Netawat	Year 5M	Da Vinci
2nd	Jewel Ishani Sanker	Year 4M	Da Vinci	2nd	Devannan Manimaran	Year 5M	Einstein
2nd	Syarifah Adelia Binti Syed Mohd Aze	Standard 4M	Newton	2nd	Aarjunaan.Veerapan	Standard 4M	Gandhi
2nd	Mariya Plavs ka	Standard 6M	Gandhi	3rd	Hong Jia Shen	Standard 4M	Newton
3rd	Faith Voo Yee En	Standard 6M	Gandhi	4th	Nicholas Chua Kawei	Year 4M	Newton
4th	Ong Rylie	Year 6M	Einstein				

Pot the Sock

1st	Aisyah binti Ahmad Rushdan	Year 6M	Da Vinci	1st	Hong Jia Shen	Standard 4M	Newton
2nd	Rammyasre a/p Kumaravel	Standard 4M	Newton	2nd	Nicholas Chua Kawei	Year 4M	Newton
3rd	Chloe Chiah Hor Yee	Standard 4M	Einstein	3rd	Aarjunaan.Veerapan	Standard 4M	Gandhi
3rd	Faith Voo Yee En	Standard 6M	Gandhi	4th	Devannan Manimaran	Year 5M	Einstein
4th	Ong Rylie	Year 6M	Einstein				
4th	Syarifah Adelia Binti Syed Mohd Aze	Standard 4M	Newton				
4th	Gur Alyshaa Kaur Mallan	Year 4M	Gandhi				

Racket/ equipment rally against the wall

1st	Faith Voo Yee En	Standard 6M	Gandhi	1st	Jarred Netawat	Year 5M	Da Vinci
2nd	Nan Yue Xuan	Standard 5M	Newton	2nd	Anbu Sethunathan	Year 6M	Gandhi
3rd	Marishar	Standard 4M	Gandhi	3rd	Devannan Manimaran	Year 5M	Einstein
4th	Jewel Ishani Sanker	Year 4M	Da Vinci				
4th	Choong Xin Ling	Standard 5M	Da Vinci				

Skipping

1st	Nan Yue Xuan	Standard 5M	Newton	1st	Jarred Netawat	Year 5M	Da Vinci
1st	Aisyah binti Ahmad Rushdan	Year 6M	Da Vinci				
2nd	Rammyasre a/p Kumaravel	Standard 4M	Newton				
3rd	Samia Nair A/P Sivasubramaniam	Standard 5M	Newton				
4th	Seoeun Kim @ Ann	Year 4M	Da Vinci				

Speed Bounce Challenge

1st	Nan Yue Xuan	Standard 5M	Newton	1st	Hong Jia Shen	Standard 4M	Newton
2nd	Faith Voo Yee En	Standard 6M	Gandhi	2nd	Nicholas Chua Kawei	Year 4M	Newton
3rd	Ong Rylie	Year 6M	Einstein	3rd	Anbu Sethunathan	Year 6M	Gandhi
4th	Mahathi Marpalli Adarsha	Year 4M	Einstein	4th	Devannan Manimaran	Year 5M	Einstein

Standing Long Jump

1st	Marishar	Standard 4M	Gandhi	1st	Hong Jia Shen	Standard 4M	Newton
2nd	Nan Yue Xuan	Standard 5M	Newton	2nd	Anbu Sethunathan	Year 6M	Gandhi
3rd	Aisyah binti Ahmad Rushdan	Year 6M	Da Vinci	3rd	Devannan Manimaran	Year 5M	Einstein
3rd	Faith Voo Yee En	Standard 6M	Gandhi	4th	Nicholas chua kawei	Year 4M	Newton
4th	Ong Rylie	Year 6M	Einstein				

VIRTUAL MGS CCA CONTINUES

The Virtual MGS CCA for this term will commence on 20th September 2021 (Monday).

Kindly refer to the link below for the following details:

1. The activity and the teacher-in-charge.
2. The relevant links that will take you to their meeting platforms.
3. Materials/ equipment needed. (kindly prepare the materials in advance before the CCA starts)

MIS Year 1 to 3
MPS Standard 1 to 3



VIEW NOW!

MIS Year 4 to 6
MPS Standard 4 to 6



VIEW NOW!

MIS Year 7 to 11
MPS Form 1 to 5



VIEW NOW!