



Issue 178, 24 February 2023



Campus Principal's Message

There is a general tendency for us to forget the many compliments for doing something well but to focus on the negative comments, even if it is just one such comment. Apparently, this is due to the genes that we inherited from our early human ancestors.

They were hunters and will survive better if they remember nasty incidents such as dangerous encounters with a sabre-toothed tiger in an area in their hunting trips. They will avoid such areas and their genes to internalise negative feedback and potential danger have been inherited by us.

It is important to avoid thinking that negative feedback is a personal attack. Refrain from strong emotional reactions when receiving negative comments. We need to remain calm and keep our feelings in check. As long as the critic delivered the feedback in a gracious manner, we need to show the same respect. We can view the feedback from the critic's point of view by putting ourselves in the shoes of the critic. Seeing the situation from a different perspective often helps us to realise that what seems acceptable to us may not be to others.

Receiving harsh criticism can be difficult. Even though everyone makes mistakes and has room to improve,

Attitude for Adaptability

Adaptability is imperative for working people in the 21st century due to the stiff competition and unprecedented challenges facing any organisation. In order to ensure the sustainability of the organisation, the 21st century working people need to be equipped to embrace changes in the working environment from time to time.

Below are my experiences to enhance adaptability:

1. Always think positive regardless of the new situation. Believe your new team members will support you all the time. Changes will hone your communication skills because you need to have regular communication with your team members to understand each other. This makes you feel more connected.

2. Be adventurous and try something new each day. Besides making your day interesting, it will give you opportunities for new discoveries which will inevitably make your life more meaningful. New discoveries will bring more opportunities to improve yourself.

This Week's Highlights

Message from Head of MPS
- Ms. Tea Ming Ming

MPS Primary - Class
Management Period

MIEY - World Radio Day

MGS CCA - Cricket

MIS Primary - Do Leaves
Sweat?

CCA Primary - Dance
Fitness Club



MGS is taking a short mid-term break from 25th February to 5th March. Happy holidays to all our students and teachers. See you again in school on 6th March. MGS Echo shall resume sharing with you many more exciting updates on school happenings on 10th March.

accepting critical feedback in a positive way is a challenge. However, learning to accept negative feedback gracefully can fix issues with our performance and help us to perform better in future.

However, some feedback might be destructive. In contrast to constructive criticism which aims to create positive change, provides specific suggestions on how to improve, and comes from a person with good intentions; destructive criticism might be given with ulterior motives, uses demeaning language and does not provide positive steps to move forward. If your critic does not seem to want to help you to progress, probably their negative criticism is not worth considering and should not be internalised and affect your future actions.

Message from Head of MPS Ms. Tea Ming Ming



3. When the environment changes, it pushes us to rethink and readjust ourselves about our career goals. This actually assists us to reset our life with new goals.

4. A learning curve to acquire skills to adapt to the new task definitely will boost our confidence. Therefore, we look forward to celebrating the triumph when we achieve the target.

5. Ensure that you lead a healthy lifestyle with enough rest and exercise hours as well as having plenty of nutritious food to handle stress caused by changes.

Changes really force me to go out of my comfort zone. It is also a chance for me to add extra value to the school. If I lack adaptability, it will be a hinder my promotion. Changes are undoubtedly frightening but only if you conquer them, can you thrive in any change.

Campus Principal's Message Translated

般人对于评论都会比较关注负面评论而忽略许多表扬的重点，哪怕即使它仅只是一个负面评论。显然，这种特点是由于继承我们祖先的基因。他们是猎人，如果他们记得曾经在某个狩猎行程中在某个地点遇到危险“剑齿虎”或令人不快的事件，但他们最后生存下来。之后他们狩猎肯定会避开这些区域。无形中这种强化负面反馈和潜在危险的思维模式，就内化成为基因继承给我们。

重要的是不要认为负面反馈就是人身攻击。收到负面评论时，不要即刻有强烈的情绪反应。我们需要保持冷静，控制自己的情绪，要对于评论的人保持亲切的态度，对他们依然给予尊重。

Kita cenderung untuk melupakan banyak pujian kerana melakukan sesuatu yang baik, sebaliknya lebih memberi tumpuan kepada komen negatif, walaupun ia hanya satu sahaja. Rupa-rupanya, ini disebabkan oleh gen yang kita warisi daripada nenek moyang kita yang terdahulu. Mereka ialah pemburu dan bagi mereka, bertahan lebih baik dari mereka mengingati kejadian buruk seperti pertemuan menakutkan dengan harimau yang garang semasa dalam perjalanan memburu. Mereka akan mengelakkan kawasan tersebut dan gen yang mengingati maklum balas negatif dan potensi bahaya ini telah diwarisi oleh kita.

Adalah penting untuk mengelakkan daripada berfikir bahawa maklum balas negatif adalah serangan peribadi. Elakkan reaksi emosi yang keterlaluan apabila menerima komen negatif. Kita perlu bertenang dan mengawal perasaan kita. Selagi pengkritik menyampaikan maklum balas dengan cara yang baik, kita perlu menunjukkan penghormatan. Kita boleh melihat maklum balas daripada sudut pandangan pengkritik dengan meletakkan diri kita dalam kedudukan pengkritik. Melihat situasi daripada perspektif yang berbeza sering membantu kita menyedari bahawa apa boleh diterima oleh kita mungkin tidak boleh

我们可以从评论者的角度，设身处地地来看待事情，就可以更能帮助我们了解真相。从不同的角度去看一件事可以帮助我们更清楚看到事情的全貌，会发现事情并非他人口中所描述的情况。

接受严厉的批评是一件非常困难的事。尽管每个人犯错后都会改过，但要说服自己积极去接受严苛的批评的确是一项有难度的挑战。无论如何，学会优雅地接受负面批评不但可以帮助我们提升自己，而且在将来可以让自己变得更优秀。

不可否认，有些评论可能具有破坏性。建设性评论的目的营造正面且积极的变化，提供改进的具体建议，建议者都是善意的。反之，破坏性评论是别有居心，使用诋毁他人的言语，并且没有任何进步的建设性建议。如果评论你的人不愿意看到你进步，那么他们的负面批评就不值得被考虑，完全无需让他们的言论影响你未来的行动。

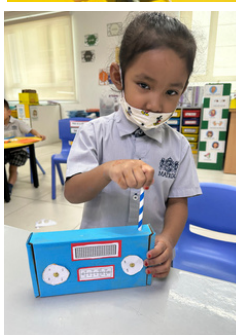
diterima oleh orang lain.

Menerima kritikan keras boleh menjadi sukar. Walaupun semua orang melakukan kesilapan dan mempunyai ruang untuk menambah baik, menerima maklum balas kritikal dengan cara yang positif adalah satu cabaran. Walau bagaimana pun, belajar menerima maklum balas negatif dengan tenang boleh menyelesaikan masalah dan membantu untuk bersedia dengan lebih baik pada masa hadapan.

Walaupun bagaimanapun, beberapa maklum balas mungkin merosakkan. Berbeza dengan kritikan membina yang bertujuan untuk mencipta perubahan positif, memberikan cadangan khusus tentang cara untuk menambah baik, dan datang daripada seseorang yang berniat baik; kritikan yang merosakkan mungkin diberikan dengan motif tersembunyi, menggunakan bahasa yang merendahkan dan tidak memberikan langkah positif untuk bergerak ke hadapan. Jika anda menerima kritikan yang tidak membina, mungkin kritikan negatif mereka tidak patut dipertimbangkan dan tidak harus dilayan kerana ia boleh mempengaruhi tindakan pada masa depan.

MIEY - World Radio Day

World Radio Day 2023 was celebrated on the 13th of February by MIEY with lots of fun activities. The purpose of World Radio Day is to raise greater awareness among the children and to give them an experience of what happened behind the scenes. The children had a chance to role play as radio deejay and to use software and digital devices for recording sound, designed to encourage a creative approach that includes interviewing and creating advertisements that included the use of jingles.



MIS Primary - Do Leaves Sweat?



Jeremiah (3M) said that he can see a lot of 'sweat' coming from the leaf after one day.



Jeivan (3M) thinks that the plastic bag will be filled with water soon!



"We can see water from the leaf!" said Paavarasy (3M).



Ady and Z-shan (3A) both are waiting eagerly to see water coming out.

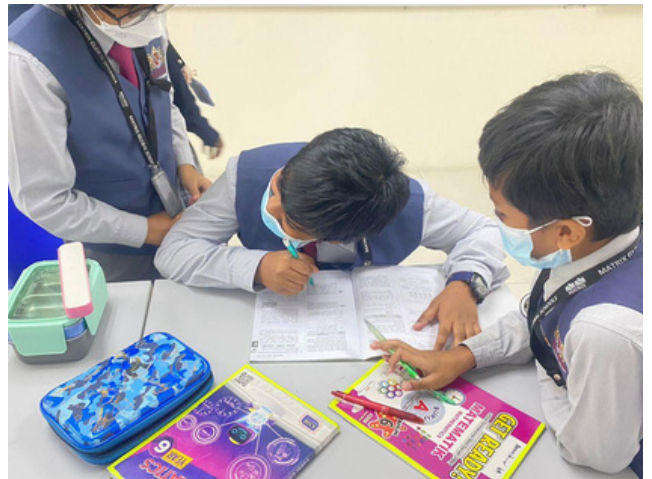
Do you know what leaves do? The leaves make food for the plant. They absorb carbon dioxide from the air, combine it with water that comes through the roots of the plants to make food (a sugar molecule known as glucose). The by-product of this process is that the leaves release oxygen into the air. Year 3M and 3A were given a task to find out if leaves transpire water. Transpiration is a process that involves the loss of water vapour through the stomata of plant leaves.

They started off the activity with predicting the results of the experiment. Then, they were sent to the Agora and were asked to find different plants with healthy green leaves. They secured their plastic bags tightly to the stalk so that the entire leaf was inside the bag. Then, they observed the leaves to see what happened. The students were hoping to observe the process of transpiration happening.

MPS Primary - Class Management Period

During the class management period, students will be assigned few activities that help to strengthen teamwork among the classmates. One of it is "Morning Self-Study" session. Students will be divided in groups that consist of mixed ability learners (example; high -performer, low performer and average performer). The groups can choose their desired subject to study. Each group will then choose a topic and revise it through Q & A session. Below are some pictures taken during class management.

Peer support gives them various benefits in the learning process as students are able to understand the subject matter from their peers' perspective besides allowing them to express themselves clearly between the classmates and reinforcing their learning by explaining what they had learnt to their friends.



Group leader explains the mistakes in one of his group member's calculation.



Students solving examination-based question in a group.



Students coaching each other in solving mathematics problems involving fraction and decimals.

MGS CCA - Cricket

Cricket is the world's second most popular game. It is an outdoor team sport played with a bat and ball. Cricket was developed in England and is very popular in places that England once ruled as colonies, such as Australia, India, Pakistan, South Africa, and the West Indies. More than 90 countries are members of the sport's governing body, the International Cricket Council.

Every year students select this CCA, and learn the basic skills and techniques of the game and enjoy playing it. Students are able to share their knowledge and understanding to other students as well.

"During this year, in Cricket CCA we have learnt the stance for batting, hand position for high and low catches, some strokes/shots like front foot defense, back foot defense, scoop shot, cover drive, etc. We have also learnt to take a proper grip of the ball, arm action and the run-up for the bowling. We were pleased to learn the correct manner of bowling and batting. We had some problems like how to hit the ball with more power. We sorted them out by asking and talking to the teacher, and then trying out some specific drills.

- Gan You Ming, Year 7M



CCA Primary - Dance Fitness Club



Dance Fitness Club was formed in September 2022. The objective of this club is to highlight the talent of dance and creativity while helping the students to build their confidence and boost their self-esteem. So far, the students had successfully performed a song 'Dippam Dappam' during the Deepavali celebration as well as a song named 'Yeah!' during the Chinese New Year celebration.

It is good to see the students enjoying themselves on stage and they are now starting to prepare for the next performance during the Hari Raya celebration.