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217
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HEALTHY LIFESTYLE HABITS AMONG STUDENTS

MESSAGE FROM PRABAKARAN KRISHNAN (HEAD OF MPS)

We are putting forth our best effort to promote healthy lifestyle choices among our students, in line with the recent weather changes in our country. To prevent getting sick and negatively impact their learning in school, students must maintain good health. These are suggestions for developing healthy habits.

Drink Plenty of Water

It is essential for students to maintain a healthy level of hydration. The state of hydration levels is strongly associated with brain activities. According to studies, even a 2-3% loss of body weight can have an adverse effect on many aspects of brain function. It's recommended that students stick to drinking plain water or health drinks like coconut water, lime water, or freshly squeezed juices. Students should avoid the temptation to drink carbonated drinks that can make the body more dehydrated.

Maintain a healthy diet

A healthy diet is crucial in maintaining a healthy lifestyle. It's important for students to keep healthy meals intake during breaks and lunch. In order to have a healthy diet, it is important for students to review the canteen menu and it's ingredients before deciding to purchase.

Enough Sleep

Good sleep is very important to keep the students fresh, relaxed, and help them focus more on their academics. Staying up late is only recommended for emergencies, but a healthy lifestyle requires timely sleep. It is advisable for a student to sleep for 7-8 hours.

Manage Stress

Students may feel stressed due to academic pressure, peer pressure, and other factors. Chronic stress can have a negative impact on the physical and mental health of students. Students may experience sleep problems as a result. Stress-relieving activities like yoga and meditation can be incorporated into their daily routine to manage stress. They also can seek help from their parents and school counselors or even participating in different sports and curricular activities is a way for them to maintain their stress level.

Be Organised

Organized behavior enables our students to lead a balanced life and prioritize tasks, preventing anxiety at the last minute. They can also take time out for extracurricular activities to maintain a balance between academics and co-curricular activities.

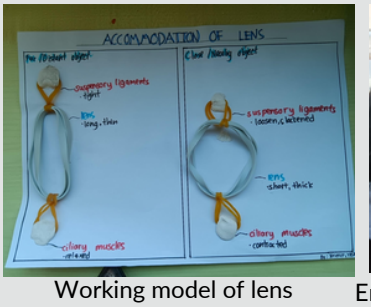
"He who has health, has hope; and he who has hope, has everything." by Thomas Carlyle

COMPETENCY-BASED LEARNING METHODOLOGY

During Biology lessons, the year 10 Biology Students have been exposed to competency-based learning methodology. Students benefited from this technique because it allowed them to "show what they know" by applying their newly acquired knowledge to finish a learning task. The development of critical abilities and attitudes, as well as the application and creation of knowledge, are all highlighted in the learning outcomes.

Students were given the opportunity to create their own working models on the following questions:
1)How do nephrons in the kidney work?
2)How does the pupil reflex, in both bright and dim light?
3)How does the lens accommodate to view far and near objects?

They have mastered the content knowledge and demonstrated their understanding and created a working model for all three of the questions above.



Working model of lens accommodation.

Emma Wen Li Lim and Seoyeon Park demonstrating and explaining the ultrafiltration process in the nephron. .

Isaac Lim Year 10M

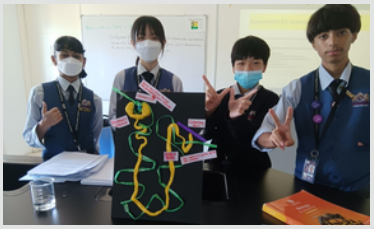
Biology has been an intriguing subject, the crossover from Year 9 to Year 10 just adds so much more depth and information to the organisms and creatures in our world, including us!

Ms Megalah has been a real help in improving our class's skills to peer assessment as well as helping each other in improving our understanding of topics like respiration, the excretory system, enzymes, the liver and many more!

Recently, Ms Megalah has given us the creative activity of creating a real working diorama of the nephron in the kidney, using our own resources from home! So far, I think it's a great way to better grasp the idea of how the nephron tubule and reabsorption works in an imaginative way. It's always a joy to see other groups' creations and share ideas on the topic of Biology, along with giving and receiving feedback to enhance our knowledge! All in all, the atmosphere of the class is always cheery and sometimes competitive when we want to answer questions too!

Student 2: Terence Ted Ee Chen 10A

Overall, creating models in Biology helped me to develop my latent talent, creativity, and curiosity. As such, it was a true learning experience for me and for my peers.
In this project along with my teammates, we have created working models of nephron and eyes. In Chapter 13-Biology, we are learning about "Excretion and Homeostasis". Building this model helps us to be a reflective learner as well as having interpersonal skills. Being a reflective learner is being able to recall the pathway in which urea is filtered from blood, how urine is made and transported out of our body and the parts of nephron when looking back at the model we have created. It is important that we have interpersonal skills while working on creating models because communication is important to lead the group and to instruct the roles to each group member. I have learned that there are two main processes taking place in nephrons where urine is made which is ultrafiltration and selective reabsorption. The 3D working model enables us to better understand how blood is filtered away from urea, water, glucose and salts, and how all glucose, most water and some salts are reabsorbed into the bloodstream. I have enjoyed the process of creating this model with my teammates!



Sindhuja Kumaresh, Zhi Ying Ting, Yi Cheng Leow and Nilesh Shan Nair created 2D models of nephron.

Working model of Nephron. Students from left : Zen Hung Lim, Li Xuan Ng, Nishika Lin Nair, Yue Jie Chin

LEARNING STATION ACTIVITIES IN MUSIC LESSONS

PS CORNER

This term, the music teachers implemented the 'learning stations' activity in our music lesson. What are learning station activities? Learning station is a method based on classroom organization and management in which teachers divide students into groups and organize activities so that students can take an active role in solving given learning tasks at different places in the class and rotate the groups from station to station.

Learning station activities in music lessons can be a dynamic and engaging way to reinforce various musical concepts and skills. Setting up learning stations allows students to move between different activities, promoting active participation and catering to different learning styles. This enhances student centered learning instead of the traditional teacher led learning.

Some examples of learning stations that we did. For young students like Standard 2, students were divided into peer collaboration station, instrument exploration station, drawing station & music theory station. This allows different types of students to learn independently in a different way with their peers. For secondary students, students were divided into rhythm exploration station, peer collaboration station & music theory station.

The outcome from the learning station is fruitful where students understand the topic better and develop their metacognition skills so as to improve their social skills.

We're looking forward to incorporating more new learning activities into our music lessons.

Exploring the Heights of Dinosaurs: A Fascinating Educational Activity

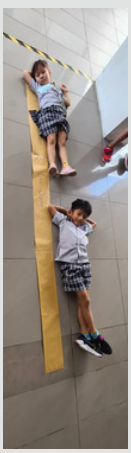
EY CORNER

Engaging children in learning about dinosaurs can be an exciting adventure, especially when it involves exploring the heights of these magnificent creatures. This activity aims to immerse children in the world of palaeontology, where they can discover the astounding heights of various dinosaurs.

The objective of this activity is to educate children about the sizes of different dinosaurs and to stimulate their curiosity about prehistoric life. By comparing the heights of dinosaurs to familiar objects and animals, children can gain a better understanding of the scale of these ancient creatures.

Our 6-year-old explored 6 dinosaurs:

- Tyrex - 12m tall 6m wide
- Stegosaurus 3m tall 9m wide,
- Velociraptor - 2m tall 0.5m wide
- Brochiosaures - 26m tall 16m wide
- Apatosaurus 5m tall 21m wide
- Velociraptor - 2m tall 0.5m wide



GOLF ELITE TOURNAMENT

Congratulations to our student, Vaibhaav for participating in the Sports Excel Elite Golf Tournament held from February 27th to 29th, 2024, at SIGC! This tournament brings together top Junior Golfers from all over Malaysia.

"The Sports Excel Elite Golf Tournament is played by high-ranking junior golfers around Malaysia. This year, they had their first tournament in 2024 located at SIGC on 27-29 February 2024. This is also my first year playing under 15 for boys category, I secured 9th place. The tournament was overall a fun and amazing journey, my parents followed me, supporting me every hole, my coach also supported me throughout the three days and I am really happy to get the opportunity to play at such an Elite level. My motto is 'play with pressure'. Many more tournaments to go, to win and most importantly, learn from mistakes."

Vaibhaav, Y8M

MAKING A DIFFERENCE : STUDENTS' CHARITY EFFORTS FOR SIKAMAT OLD FOLK HOME

With the success of our past Chinese New Year Charity Sales, our amazing students raised approximately RM5,000 for Sikamat Old Folk Home, Seremban.

Our Campus Principal and International School Heads, accompanied by three student representatives, visited the home to hand over the mock cheque and explore the residents' living environment. It's heartwarming to witness our community coming together for such a meaningful cause.

Let's continue making a difference together!