



ANTI - BULLYING CAMPAIGN

**IMPACT BULLYING HAS ON WELLBEING:**  
MESSAGE FROM MR WAYNE (HEAD OF ADCOTE MATRIX INTERNATIONAL SCHOOL)

Every month we will have reminders of the anti-bullying campaign we are promoting in AMIS. This week I would like to focus on the impact bullying has on wellbeing:

Bullying can have a significant impact on an individual's mental and physical wellbeing. The constant harassment, intimidation and abuse that come with bullying can lead to a variety of negative effects on a person's mental health.

One of the most common consequences of bullying is the development of anxiety and depression. The constant fear of being targeted and the feelings of helplessness can cause a person to experience high levels of stress and anxiety. This can lead to further symptoms such as panic attacks, insomnia and difficulty concentrating. Over time, this can contribute to the development of depression, as the individual may feel isolated, hopeless and unworthy.

Bullying can also have long-term effects on a person's self-esteem and confidence.

Constant criticism, humiliation or even isolation from groups can erode a person's sense of self-worth, leading to feelings of inadequacy and self-doubt. This can make it difficult for the individual to form healthy relationships, set and achieve goals and cope with challenges in their lives.

In addition to its impact on mental health, bullying can also affect a person's physical wellbeing. The stress and anxiety caused by bullying can weaken the immune system, making the individual more susceptible to illnesses and infections. The constant emotional turmoil can also lead to physical symptoms such as headaches, stomach aches and muscle tension.

Overall, the effects of bullying on mental and physical wellbeing can be long-lasting and profound. It is important for individuals who are experiencing bullying to seek support from friends, family, teachers or doctors in order to address the negative impact it is having on their health and well-being.

Write up from Year 10 students

### VECTOR

**What is vector?**

Vector are objects which have both magnitude and direction. Magnitude defines the size of the vector. It is represented by a line with an arrow, where the length of the line is the magnitude of the vector and the arrow shows the direction. It is also known as Euclidean vector or Geometric vector or Spatial vector or simply "vector".

**Example 1:**

This arrow shows a magnitude of 2a and direction to the right.

Position vector:  $\vec{OA} = 2a$

Position vector is used to determine any point with reference to its origin. In this case, O is the origin and A is the point.

**Example 2:**

Find the vector of  $\vec{PQ}$ .

To find the vector of  $\vec{PQ}$ , we can go from  $\vec{PQ} = \vec{a} + \vec{b}$ .

**Write-up**

In this topic of vector, I have learnt to find the position vector of a given point with reference from its origin. I have also learnt that if the arrow is going against the direction, the magnitude becomes negative.

- Terence (Y10A)

TERENCE TED EE CHEN

### TRIGONOMETRY

Trigonometry is a branch of mathematics concerned with relationships between angles and side lengths of triangles.

**FORMULAS:**

$\sin(\theta) = \frac{\text{opp}}{\text{hyp}}$

$\cos(\theta) = \frac{\text{adj}}{\text{hyp}}$

**COMMENTS:**  $\tan(\theta) = \frac{\text{opp}}{\text{adj}}$

In trigonometry, I have learned how to apply sin, cos and tan correctly. Furthermore, I also learned how to identify the hypotenuse, opposite and adjacent of a triangle.

HOWARD HAO YEH YAM

### Cosine Rule

What are Cosine Rule?

In trigonometry, the Cosine Rule says that the square of the length of any side of a given triangle is equal to the sum of the squares of the length of the other sides minus twice the product of the other two sides multiplied by the cosine of angle included between them.

There are two forms:

- To find the length of a side:
 
$$a^2 = b^2 + c^2 - 2bc \cos A$$

$$b^2 = a^2 + c^2 - 2ac \cos B$$

$$c^2 = a^2 + b^2 - 2ab \cos C$$
- To find an angle when given all three sides:
 
$$\cos A = \frac{b^2 + c^2 - a^2}{2bc}$$

$$\cos B = \frac{a^2 + c^2 - b^2}{2ac}$$

$$\cos C = \frac{a^2 + b^2 - c^2}{2ab}$$

THIS FORMULA IS MAINLY USE TO FIND LENGTH OF AN TRIANGLE OR AN ANGLE

My comment:  
Its a useful method to use when the triangle is a right angle so i can find the angle easily

SIN HIN KONG

-Pravan, Y10A

### Pythagoras' Theorem

Pythagoras' Theorem is a fundamental principle in geometry that shows the relationship between the sides of a right triangle.

$$a^2 + b^2 = c^2$$

"c" represents the length of the hypotenuse (the longest side opposite the right angle).

"a" and "b" represent the lengths of the other two shorter sides of the right triangle.

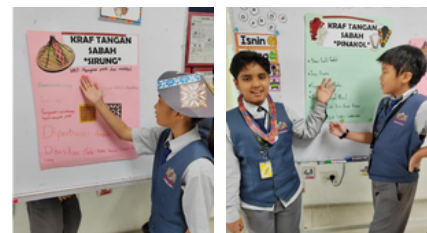
### Write up:

In this topic, I have learnt about how to use the Pythagoras's Theorem to calculate the missing hypotenus length in a right angle triangle.

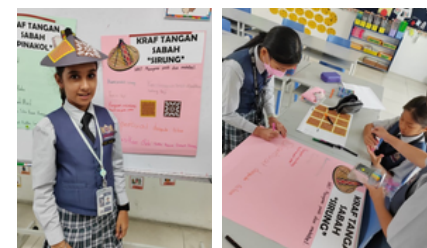
PRAVAN A/L RAVI

## Harga Seni Budaya - Kraf Tangan Sabah

Bulan ini merupakan bulan menghargai seni budaya masyarakat di Malaysia. Pelajar Tahun 5M telah didedahkan dengan pelbagai maklumat berkaitan seni budaya dari pelbagai kaum dan bangsa. Minggu ini, mereka melakukan beberapa aktiviti yang menarik berkisar tentang seni budaya masyarakat Borneo, Sabah. Objektif pembelajaran kali ini berfokus kepada mengenalpasti kosa kata dan melabel maklumat. Pelajar tahun 5 kini belajar untuk membaca maklumat. Mereka dilatih untuk mengenalpasti maklumat yang betul hasil daripada carian di internet. Kemudian mereka haruslah menulis maklumat tersebut dan melabel kosa kata. Kumpulan pertama diberi tugas mencari maklumat tentang kraf tangan Sabah iaitu Pinakol dan kumpulan kedua, tentang sirung Sabah. Cabaran kedua adalah mereka ditugaskan untuk menerangkan maklumat tersebut kepada pelajar lain. Aktiviti mencari maklumat dan melabelkan kosa kata mencabar minda mereka untuk berfikir dan mengenalpasti maklumat yang penting sahaja untuk dilabelkan pada kraf tangan.



Sesi perkongsian pelajar tentang kraf tangan Sabah.



Pelajar-pelajar Tahun 5M menyiapkan replica Sirung dan Pinakol mereka mengikut kretiviti masing-masing.

## Teknik Lima Deria Dalam Penulisan Deskriptif

Teknik lima deria dalam penulisan deskriptif adalah strategi yang menggunakan semua lima deria manusia (penglihatan, pendengaran, hidu, sentuhan, dan rasa) untuk mencipta pengalaman yang kaya dan mendalam dalam karya tulisan. Berikut adalah cara setiap deria boleh digunakan dalam penulisan deskriptif:

### 1. Penglihatan

Penglihatan adalah deria yang paling kerap digunakan dalam penulisan deskriptif kerana ia membolehkan pembaca membayangkan pemandangan atau situasi dengan jelas.

*Contoh: Taman itu dipenuhi dengan bunga-bunga pelbagai warna; merah jambu, ungu, dan kuning, mekar dengan indah di bawah sinar matahari pagi.*

### 2. Pendengaran

Pendengaran boleh menambah dimensi tambahan kepada penulisan dengan menggambarkan bunyi yang didengar dalam situasi tertentu.

*Contoh: Bunyi kicauan burung-burung pagi menambahkan keceriaan di sekitar taman yang tenang.*

### 3. Hidu

Bau sering kali membawa kenangan dan emosi tertentu, menjadikannya alat yang kuat dalam penulisan deskriptif.

*Contoh: Kedai roti itu berbau harum dengan aroma roti yang baru dibakar, mencetuskan selera sesiapa yang melintasinya.*

### 4. Sentuhan

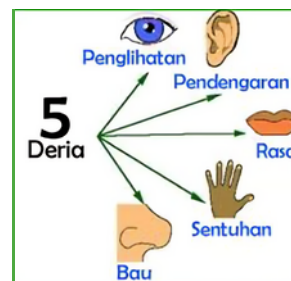
Sentuhan boleh memberikan rasa fizikal terhadap objek atau persekitaran, menjadikan deskripsi lebih hidup dan nyata.

*Contoh: Kulit sofa itu terasa lembut dan sejuk di bawah jari-jemarinya, menambah rasa selesa di ruang tamu yang elegan.*

### 5. Rasa

Rasa adalah deria yang jarang digunakan kecuali dalam konteks makanan atau minuman, tetapi ia boleh memperkaya pengalaman pembaca.

*Contoh: Jus oren segar itu rasanya manis dan menyegarkan tekak pada hari yang panas.*



Dengan menggunakan teknik lima deria ini, pelajar dapat mencipta pengalaman yang menyeluruh dan mendalam, membuat pembaca merasa seolah-olah mereka benar-benar berada di tempat yang digambarkan.

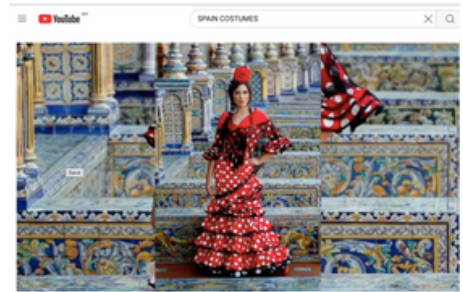
## Preparing for International Day



Learn about Spain's interesting maps.



Student's involvement



Watching YouTube videos about Spanish costumes

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Our F2M class is gearing up for International Day, where we'll proudly showcase Spain. With our teacher's guidance, we've been diving deep into Spain's fascinating history, vibrant traditions, and rich culture. From watching videos on flamenco to learning about the deliciousness of paella, we're immersing ourselves in all things Spanish.

In our classroom, teamwork is at its peak as we divide into different groups. The food sales team is busy planning mouthwatering Spanish delicacies, while the performance team practices lively performance. Meanwhile, the booth decoration team is hard at work creating a lively and colorful Spanish atmosphere, and the game team is designing interactive activities to engage everyone.

Despite the hustle and bustle, there's a wonderful sense of camaraderie among us. We're constantly lending each other a helping hand, whether it's painting banners or mastering the pronunciation of Spanish words. As the excitement builds with the approaching International Day, we're all united in our determination to make it a truly memorable celebration of our school's event.

## Ocean Day celebration at Early Years

Today, our early years' classes celebrated Ocean Day. The children engaged in several activities in the classroom. They created seashell pendants and made suncatcher sea animal crafts. Additionally, they had the opportunity to visit a fish aquarium set up in front of the preschool. The children were very excited and participated enthusiastically.



EY CORNER