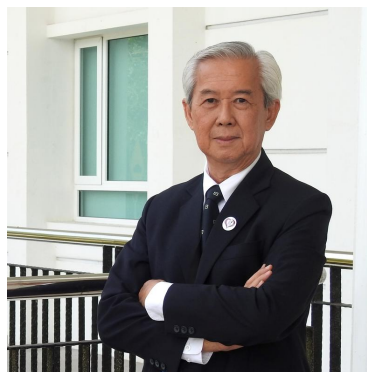


MGS ECHO

Matrix Global Schools Weekly Newsletter



CAMPUS PRINCIPAL'S MESSAGE



A nutritionist Adelle Davis famously put it back in the 1960's, "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

It came as a shock to me when talking to students that some of them do not take breakfast before coming to school. This is particularly true with younger students who cannot wake up in time for breakfast but also for senior students who want to watch their weight. They are unaware of the fact that not having breakfast can damage their brains. The body needs nutrients after a night's rest and skipping breakfast deprives the brain of essential nutrients. Several research studies have shown that students who have breakfast regularly perform much better at school. This is because the low blood glucose levels, when not replenished by breakfast, adversely affects the brain's functions.

However, overeating also damages our brains. It hardens the brain arteries, hence, damaging our mental abilities. Several studies have revealed that high caloric intake for a prolonged period increases a person's chances of developing memory loss, or mild cognitive impairment in the future.

My advice to all our students is to have breakfast and other meals in moderation for the healthy growth of your brain and body so that you can study well to achieve your dreams and potential.

I would also like to take this opportunity to wish all Muslim students, parents, guardians and staff members, 'Selamat Hari Raya Aidiladha!' See you all again after the short break.

THIS WEEK'S TOPICS

MOE SOP
Routine Check

Meal Time
Made Fun!

It's Not Just
Physical
Education!

How Does A
Water Filter
Work? By
Form 1 MPS

MGS Cares -
Free Influenza
Vaccination

MOE SOP ROUTINE CHECK

It was a pleasant surprise to receive a visit by En. Rosafiz Sudeen and En. Mohammad Hanafiah from the District Education Office (PPD) representing the Ministry of Education (MOE) on the 15th July. The visitors were here to conduct a routine check on the SOP that have been put in place by the school. We are pleased that our visitors were highly impressed with the meticulous measures that we have implemented to ensure the health and safety of our students and staff.



CAMPUS PRINCIPAL'S MESSAGE TRANSLATED

营养学家Adelle Davis在1960年曾经说过：早餐吃得像皇帝，午餐吃得像王子，晚餐吃得像乞丐。

当我和同学们聊天时，发现有许多同学没吃早餐就上学了。尤其是小年纪的学生，因为迟起身，就来不及吃早餐。大年纪的学生为了减肥，也是没吃早餐就上学了。很多同学都不知道，没吃早餐会对大脑造成伤害。

Pakar pemakanan terkenal Adelle Davis, menyatakan sejak tahun 60an lagi, "Bersarapan seperti seorang raja, makan tengah hari seperti anak raja, dan makan malam seperti orang miskin".

Amat mengejutkan saya apabila berbual dengan para pelajar yang mana sebahagian daripada mereka tidak bersarapan pagi, sebelum datang ke sekolah. Ini adalah benar terutamanya bagi murid-murid lebih muda yang tidak boleh bangun awal untuk masa bersarapan. Begitu juga dengan para pelajar senior yang ingin menjaga berat badan. Mereka tidak peka bahawa tanpa bersarapan boleh merosakkan otak. Badan memerlukan nutrisi selepas berehat pada waktu malam dan mengelak daripada bersarapan menyebabkan otak tidak mendapat nutrisi penting. Beberapa kajian menunjukkan bahawa para pelajar yang mengambil sarapan, pencapaian adalah lebih baik. Ini kerana tahap glukosa darah rendah, yang tidak diganti semula, memberi kesan negatif kepada fungsi otak.

经过一个晚上休息，我们的身体，尤其是大脑，是非常需要补充养分。许多研究证明，有吃早餐的学生，在学校的成绩表现会比较标清。这是因为早餐补充我们身体所需的血糖，它会影响我们大脑的功能。

虽然如此，过度饮食也同样会伤害大脑，它会使大脑的动脉硬化，以致影响其功能。

我敦劝同学们，每天三餐要定时及适量，促进我们大脑和身体发育正常，提升我们的学习效率，追求我们的梦想，发展我们的潜能。

在此，我要藉此机会祝贺本校所有穆斯林同学、家长、监护人及全体教职员“Selamat Hari Raya Aidiladha”，假期后，我们再见！

Walau bagaimanapun, makan berlebihan juga boleh merosakkan otak kita. Ia akan mengeraskan salur darah otak, lalu merosakkan kebolehan mental kita.

Beberapa kajian menunjukkan pengambilan kalori yang tinggi dalam jangka masa panjang akan meningkatkan kemungkinan untuk kehilangan perkembangan memori, atau kognitif pada masa hadapan.

Nasihat saya kepada semua pelajar kita adalah untuk bersarapan pagi dan makan secara sederhana untuk pertumbuhan otak dan badan yang sihat supaya anda boleh belajar dengan baik bagi mencapai cita-cita dan memenuhi potensi anda.

Ingin saya mengambil kesempatan ini untuk mengucapkan kepada semua pelajar Muslim, ibubapa, penjaga dan kakitangan, "Selamat Hari Raya Aidiladha". Semoga kita berjumpa semula selepas cuti pendek nanti.



Aylie Quincy Lee, EY1



Aria Lim & Ling Sum Yui, EY1



Ling Sum Yui, EY1



Aria Lim, EY1

MEAL TIME MADE FUN!

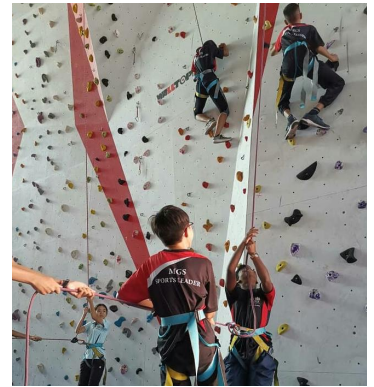
Some parents find it challenging to get their children to try different types of food, fruits and vegetables in particular. Food Art is a great way to get children involved in food preparation and to get them to try out different food presented in creative and fun ways. In conjunction with the theme of Fruits, our Early Years students enjoy making Fruit Handprint Art and Food Art which they later enjoyed eating.

IT'S NOT JUST PHYSICAL EDUCATION!

Physical Education is a subject taught in MGS and it's a type of indoor and outdoor learning which is the beginning of creating a responsible and confident young person. Building positive engagement in sport and Physical Education in children from an early age can help them feel more motivated, confident and determined to succeed in all areas of life.

At MGS, we give the students many opportunities to become leaders. One incentive is the Sports Leaders Programme in which learners model positive behaviour, as well as the proactive development of activities that represent the school community. Students are involved in a range of leadership opportunities embedded within the school curriculum and annual events. These include public speaking, representing the school, coaching other students, involvement in community activities as well as working towards their potential in class. The students who pass will get Sports Leaders UK award issued by Scotland based awarding organisation, The Awards Network.

Ms. Amy Sarah Burke, Head of MIS PE Department



Sports Leaders 2019/2020
(photos taken before MCO)

HOW DOES A WATER FILTER WORK? BY FORM 1 MPS



Our Form 1 students embarked on a new discovery when assigned a task of utilizing limited resources to turn filthy water samples into cleaner and safer water for human consumption. After doing some research and discussion with peers, they decided to make use of recycled items to create their DIY water filter. They were all on cloud nine when they successfully collected crystal clear water from their original 'teh tarik' water sample.

Ms. Tan Pek Chin, MPS Science Teacher

MGS CARES - FREE INFLUENZA VACCINATION

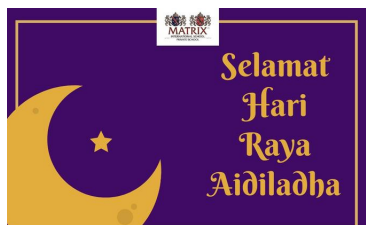
We would like to give special thanks to Klinik Menara Bandar Sri Sendayan for generously giving free Influenza Vaccination to our staff last Friday. It's part of the CSR effort by the clinic for the community. They were in school for about one hour and 82 staff members benefited from the exercise.



Dr. Sathian Baran
from Klinik Menara



MGS staffs waiting for their turn



AIDILADHA CELEBRATION

Selamat Hari Raya Aidiladha to all muslim students, parents and staff and happy holidays to all. Travel safe and please continue to follow the Ministry Of Health SOP over this long weekend. See you after the holiday!