



# CAMPUS PRINCIPAL'S MESSAGE TRANSLATED

在学校里，我们需要面对各种各样有行为问题的儿童，从抑郁的安静到吵杂的破坏。过度活跃或有破坏倾向的儿童一直被标记为“顽皮”的孩子。这是一个可悲的标签。那么他们“淘气”的根本原因是什么？

这种过度活跃的“顽皮”可能是由于孩子们对课程或活动感到无聊，无聊可能是因为缺乏兴趣，也可能是因为活动没有足够的挑战性或缺乏执行任务的能力。然而，可能有一个更严重的，但经常无法被诊断的基础问题。

据估计，8.4%的儿童和2.5%的成年人患有过动症，在男孩中，过动症比女孩更常见（Danielson, 2016）。一般来说，这种现象往往在学龄前的儿童中被发现，这是因为他们影响了课堂的秩序或在学习上遇到问题。患有过动症的儿童可能在学校表现不佳、自尊心低落、人际关系有问题，而患有过动症的成年人在组织和任务的优先顺序、时间管理和多项任务处理方面可能会遇到问题。他们也可能在专注、沮丧、情绪波动和应对压力方面遇到困难。

基本上有三种类型的过动症：

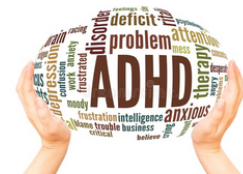
1. 主要是不集中
2. 主要是过度活跃和浮躁
3. 1型和2型的组合

在过动症里，其中一个令人困惑的方面是其症状的情境特异性。每个患有过动症的儿童、青少年或成人可能都有几种类型的活动，在这些活动中，他们在锻炼中没有什么困难，但在几乎所有其他情况下，他们的认知功能都相当受损。例如，一个学生在某个游戏中可能很出色，可以集中精力玩三个小时的电子游戏，但总是因为上课老是不集中注意力而惹上麻烦。这似乎是一个选择和意志的问题。然而，情况并非如此。过动症的孩子缺乏意志力是非自愿的，因为过动症是由大脑神经元中神经递质的复杂情况所造成的。

有一个很好的信息来源是来自Thomas E. Brown博士的视频片段——“什么是注意力缺陷多动障碍 (ADHD)?”在视频片段中B罗恩博士对过动症提出了更深刻的见解。视频剪辑内容包括过动症的诊断、过动症的症状、造成过动症的原因、可行的过动症治疗选项和过动症药物。更清晰的理解是第一步需减少过动症学生面对不必要的痛苦，他们需要教师和家长/监护人的帮助，以充分发挥他们的潜力，过幸福的生活。为了使过动症治疗更有效，在制定治疗计划之前，必须仔细评估，以确定过动症患者的实际问题和需要。

欲知更多详情，可浏览以下链接：

[https://www.youtube.com/watch?v=ouZrZa5pLXk&feature=emb\\_logo](https://www.youtube.com/watch?v=ouZrZa5pLXk&feature=emb_logo)



Di sekolah, kami sering menangani kanak-kanak dengan pelbagai masalah tingkah laku, daripada pendiam akibat kemurungan hinggalah yang banyak mulut penyebab gangguan. Kanak-kanak yang hiperaktif atau penyebab gangguan di dalam kelas kebiasaannya di gelar sebagai 'anak nakal.' Ini adalah amat menyedihkan. Apakah penyebab utama 'kenakalan' mereka itu?

'Kenakalan' akibat hiperaktif boleh disebabkan oleh kanak-kanak berasa bosan dengan aktiviti yang mereka lakukan. Kebosanan boleh terjadi akibat kurang minat terhadap aktiviti yang tidak cukup mencabar atau melebihi tahap kemampuan mereka. Walau bagaimanapun, mungkin juga ada masalah dalaman yang lebih serius yang sering tidak dikenal pasti.

Dianggarkan 8.4% kanak-kanak dan 2.5% orang dewasa menghidapi ADHD dan masalah ini adalah lebih ketara di kalangan lelaki daripada perempuan (Danielson, 2016). Secara amnya, fenomena ini mula dikenal pasti pada kanak-kanak di peringkat sekolah apabila terdapat gangguan dalam bilik darjah atau kerja sekolah mereka. Kanak-kanak yang menghidapi ADHD kebiasaannya tidak mempunyai prestasi yang baik di sekolah, berperasaan rendah diri dan menghadapi masalah menjalinkan hubungan; manakala ADHD di kalangan dewasa pula akan berdepan dengan masalah susun atur dan menentukan keutamaan, pengurusan masa dan melakukan berbilang tugas. Mereka juga mungkin mengalami masalah untuk fokus, kekecewaan, perubahan emosi, dan mengatasi tekanan.

Terdapat tiga jenis ADHD:

- 1) Kurang tumpuan
- 2) Hiperaktif dan mengikut gerak hati
- 3) Kombinasi Jenis 1 dan Jenis 2

Aspek ADHD yang membingungkan adalah spesifikasi khusus setiap gejala. Setiap kanak-kanak, remaja atau dewasa yang menghidapi ADHD mungkin mempunyai beberapa aktiviti yang boleh mereka lakukan dengan cekap tetapi mempunyai fungsi kognitif yang agak terganggu dalam hampir semua keadaan lain. Sebagai contoh, seseorang pelajar mungkin cemerlang dalam permainan tertentu dan dapat menumpukan perhatian selama tiga jam bermain permainan video tetapi selalu menghadapi masalah dengan gurunya kerana tidak dapat menumpukan perhatian di kelas. Ini akan kelihatan seperti pilihan dan kemahuan hati, tetapi tidak semestinya. Apa yang dilihat sebagai kekurangan daya sendiri sebenarnya tidak disengajakan oleh kerana ADHD adalah akibat situasi kompleks yang membabitkan neurotransmitter pada neuron di dalam otak.

Rakaman video daripada Dr. Thomas E. Brown, 'Apakah Attention Deficit Hyperactivity Disorder?' adalah sumber rujukan yang baik. Dalam video ini, Dr. Brown telah memberikan gambaran jelas tentang ADHD yang merangkumi diagnosis ADHD, gejala-gejala ADHD, mengapa ia berlaku, pilihan rawatan dan ubat-ubatan ADHD sedia ada. Pemahaman yang lebih jelas adalah langkah utama untuk mengurangkan penderitaan pelajar ADHD yang amat memerlukan bantuan para guru dan ibu bapa / penjaga untuk mencapai potensi mereka sepenuhnya bagi membawa kebahagiaan dalam hidup. Bagi memastikan keberkesanan rawatan ADHD, penilaian teliti perlu dilakukan untuk mengenal pasti masalah sebenar dan keperluan individu ADHD tersebut sebelum membuat sesuatu rancangan rawatan.

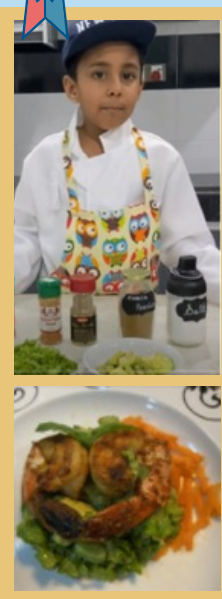
Untuk maklumat lanjut, layari: [https://www.youtube.com/watch?v=ouZrZa5pLXk&feature=emb\\_logo](https://www.youtube.com/watch?v=ouZrZa5pLXk&feature=emb_logo)



# 'MASTERCHEF MATRIX' CHALLENGE



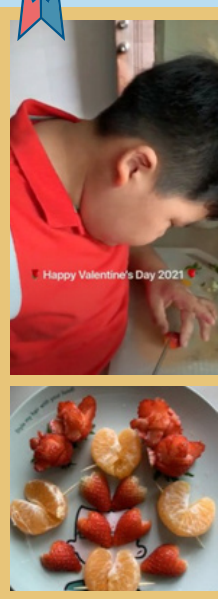
The most effective way of learning is when students understand the concept of what they learn and they have fun learning it. In one of the weekly challenges in our Matrix International Primary School, the theme of 'Valentine's Day Celebration' was used where students competed to win the 'MasterChef Matrix' title. They came up with creative ideas and learned how to communicate and present these ideas. They showed positive thinking and had a great time bonding with their parents in this challenge. Selecting the winners was not an easy task for us as all of them had come up with yummy and creative cooking. Congratulations to all of the winners!



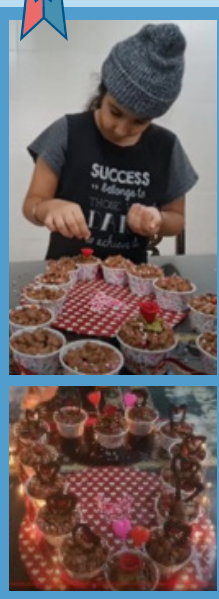
Avocado Prawn Salad  
- Deyrav Nair, Year 1



Tuna-deviled Eggs  
- Ethan Tan, Year 2



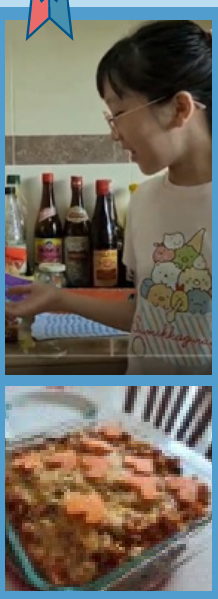
Heart Shaped Strawberries and Oranges  
- Ramos Valence, Year 3



Valentine Cupcake  
- Gur Alyshaa, Year 4

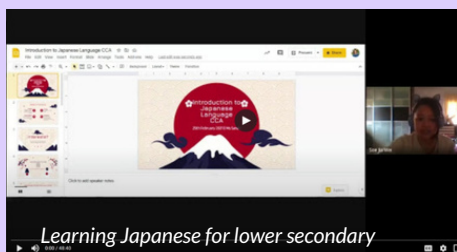


S'mores and Strawberry Smoothie  
- Rene Marie, Year 5



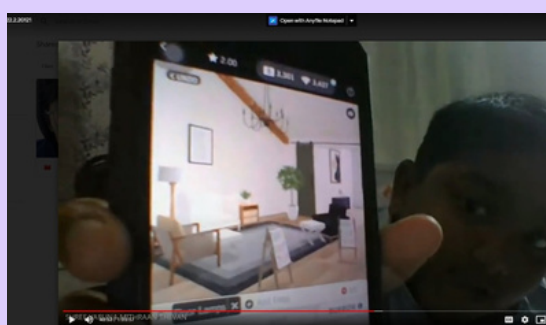
Hearty Macaroni Melts  
- Rylie Ong, Year 6

## CO-CURRICULAR ACTIVITIES CONTINUE

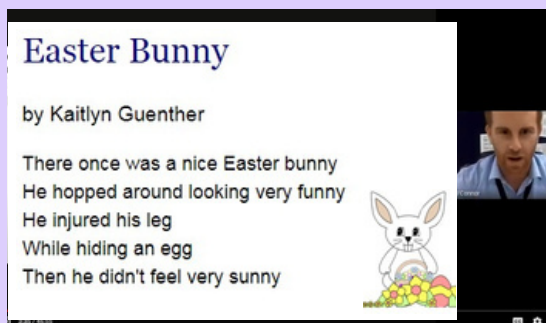


Learning Japanese for lower secondary

In line with one of our core values of 'Everyone Maximising Potential', we started our co-curricular activities on 22nd February virtually. This is to ensure that the students remain active and have a balanced life between the academic and the non academic aspects of their education. Here are some of the exciting activities that the children enjoyed.



The upper primary can even do an interior design of a room



The upper primary having fun learning English poetry

## LETS RUN AND STAY HEALTHY!

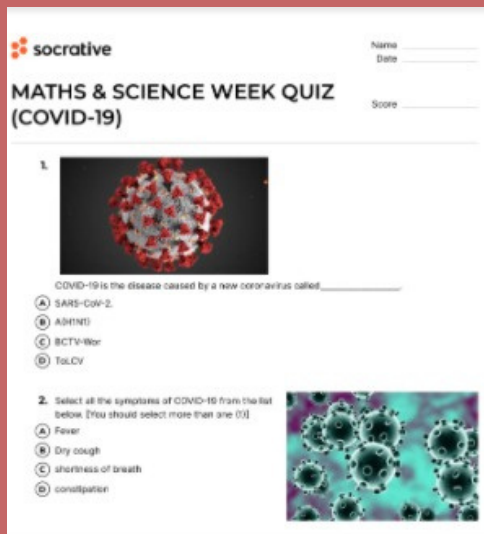


The MGS community has been invited to participate in the MGS Virtual Run 2021 from 1st March to 30th March 2021. This virtual run is a race that you can complete at your own pace and time and in any location, either outdoors or indoors on a treadmill in the house. This is just another opportunity for all students to get some respite from on-line lessons and to perk up their physical and emotional health.

# MATHEMATICS & SCIENCE WEEK

Mathematics and Science Week was held from 22nd February to 26th February 2021 to create awareness among students on the current pandemic of COVID-19. Various virtual activities were held to encourage students to participate and experience a new form of learning through these online projects and activities. Some of the activities were Digital Poster Competition, COVID-19 model & video presentation competition, Statistics: Pie Chart on "What are your biggest COVID-19 worries?", Mathematics Games: Scavenger Hunt, Quizizz, Example of Mathematics Application in Daily Life competition, Crossword puzzle on COVID-19 and IQ Challenge.

Students were very excited while participating in the organised activities and were creative in preparing posters, models, videos or even songs. This event has indeed cultivated interest in mathematics and science and made them realise how these subjects can be applied and linked to real life situations. These activities benefitted the students by instilling in them the new norms of COVID-19 prevention. It also helps to promote good leadership among the students as they organised and executed the activities.



Mathematics & science quizzes



COVID-19 virus - Arianna, Standard 1M



"This is how the COVID-19 virus looks like." - Jordan, Standard 3A

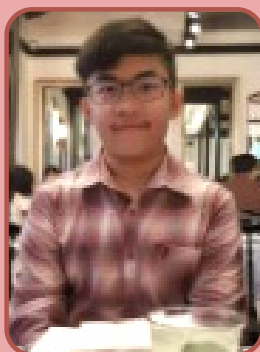


"COVID-19 virus doesn't discriminate." - Nik Sara, Standard 6M



"I am so glad to participate in the Mathematics and Science week. These awesome activities have given me an unique experience during this pandemic. I couldn't imagine that the Mathematics and Science Week could be held online like this. Throughout this week, I had participated in some quizzes, the COVID-19 quiz and Mathematics quiz. Through them, I have learnt some new knowledge about COVID-19 and mastered my Mathematics problem-solving skills. I have really enjoyed all the events organised!"

- Teh Yu Qin, Form 4M



"It was simply fascinating that our teachers managed to organise such an event even in the midst of the pandemic! Not only did I manage to reinforce existing knowledge, but I also managed to pick up a lot of new knowledge throughout the programme. Likewise, the different competitions organised by the teachers also allowed us to flex our creative minds. Overall it was an excellent online programme and I will be looking forward to similar events in the future!"

- Vincent Pak Mun Sang, Form 4M



"I believe that the Mathematics and Science Department have done an exceptional job with this year's Mathematics and Science week showing great adaptability to the current circumstances of online schooling. The teachers have contrived many ingenious ways to captivate students while also ensuring that the activities were packed with educational content."

- Manavjit Singh Dhaliwal, Form 4M



Stay home stay safe poster by - Zhi Min, Standard 5M



Chloe from Form 1M singing a song on COVID-19