



The annual Sports Day celebrations were enjoyed by students, teachers, and parents who braved the heat for a fun filled day of sporting glory at our world class athletics facilities on Thursday, 14 February, 2019.

It was a day of fitness triumphs, prizegiving, new experiences, team building, and...just having a go.

With a jam-packed itinerary, students competed in a range of events, from sprint races, long jumps, high jumps, long distance races, discus, shot put and the almighty tug of war.

Tents were decorated, faces painted and cheers soared for everyone that went the extra mile to win a medal. As our school motto goes, Nulli Secunda; students' efforts, expressions, and performances were on fine form throughout the day.

MGS Acting Campus Principal, Mr Loh, reminded us in his opening speech that success doesn't come easily, only with persistence and hard work. MGS students have been making their marks locally and internationally in sports, most significantly Ameeshenraj Chandaran's win of the 2019 British Junior Open title. Mr.Loh rallied all students to follow his example and put in their greatest effort, the best one can do, and always aim for the sky.

Congratulations to Gandhi House for winning the coveted House Trophy. We hope you enjoy the victorious photos over the next couple of pages.

A big thank you to everyone for taking part in great spirit and to the teachers and parents for their fantastic support to make the day a roaring success.



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More photos and videos of Sports Day can be viewed on MGS Sports' Instagram account (**mgs_sports**) under the hashtag #MGSsportsday2019.

With almost 400 followers and managed by the energetic MGS PE teachers, this is where we share students' participation in sports activities as well as PE lessons in the classroom. Check it out.



Fun Games for Preschool



Friendly competition among Lower Primary students



Athletics



Best cheerleading team won by Gandhi



Supportive parents



Best marching team won by Einstein



Best house decoration won by Einstein



Parents' tug-of-war winners



Enthusiastic teachers



MGS BEST ATHLETES 2019

- U12B - Kim Gibeom [Gandhi]
- U12G - Prisha Maayah [Da Vinci]
- U13B - Ee He Xun [Einstein]
- U13G - Jemima Pike [Einstein]
- U15B - Tan Zhong Jie [Newton]
- U15G - Tia Danielle [Gandhi]
- U18B - Najmi [Da Vinci]
- U18G - Tan Ping Yuen [Newton]



Winner of the overall House category - **Gandhi House**, led by Mr.Azmeer and Ms Vinoshini



Traditional Games at the Boarding House

MGS Boarding House organised a mini event of traditional games for boarders on Wednesday, 30th Jan 2019.

Both local and foreign boarders played two types of Malaysian traditional games; the lompat getah (rubber band rope jumping) and baling selipar (slipper toss).



The boarders had loads of fun bonding with their friends and Boarding House parents while building interest in games of yesteryear.



Words From
MGS NURSE

This week, MGS 13-year old female students received their HPV vaccination shots.

HPV (human papillomavirus) is a viral infection that is passed between people through skin-to-skin contact and the main cause of cervical cancer.

HPV VACCINATION

- two vaccination doses within a six-month period
- the vaccination is given by injection on the upper arm
- it can prevent 70% of cervical cancer incidence

SIDE EFFECTS

The vaccination is safe. However, as with other immunizations, students may experience pain, swelling or irritation at the injection site. In case of other problems resulting from the injection, please consult a doctor.

Seeking Knowledge ; Opening Minds