



NEWSLETTER

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Welcome back from the mid-term break and the Deepavali festivities; I hope that all of our students and their families have had a restful and celebratory time. As we move into the last five weeks of Term 1, the Senior School staff will be working on completing our new Term 1 Interim-Report that will inform all of our families how their sons and daughters have been engaged in their learning throughout the past 10 weeks. This is a new initiative for the 2016/2017 Academic Year, as in the past the only report issued in Term 1 was for Year 7. This will be followed up with a Parent-Teacher Meeting on the last day of this term, Friday 9 December.

IGCSE SUCCESS

Late last week the school was informed of some wonderful news on two very special performances from our Year 11 cohort 2015/2016. We are delighted to share the information below with the MIGS and wider community:



TOP IN THE WORLD

Suh Hyo Lim
IGCSE Additional Mathematics



TOP IN MALAYSIA

Alya Nabilah Tasya
IGCSE Information & Communication Technology

Congratulations to both of these students and their teachers, Ms Kuna and Mr Shahul respectfully, on an outstanding and very impressive result. In the last academic year, more than 1 million students sat for the Cambridge examinations in more than 10,000 schools around the world. Therefore this is a highly commendable result of which we are very proud to announce and share. The students, their parents and the staff will be attending a special awards ceremony on Thursday 17 November in Petaling Jaya.

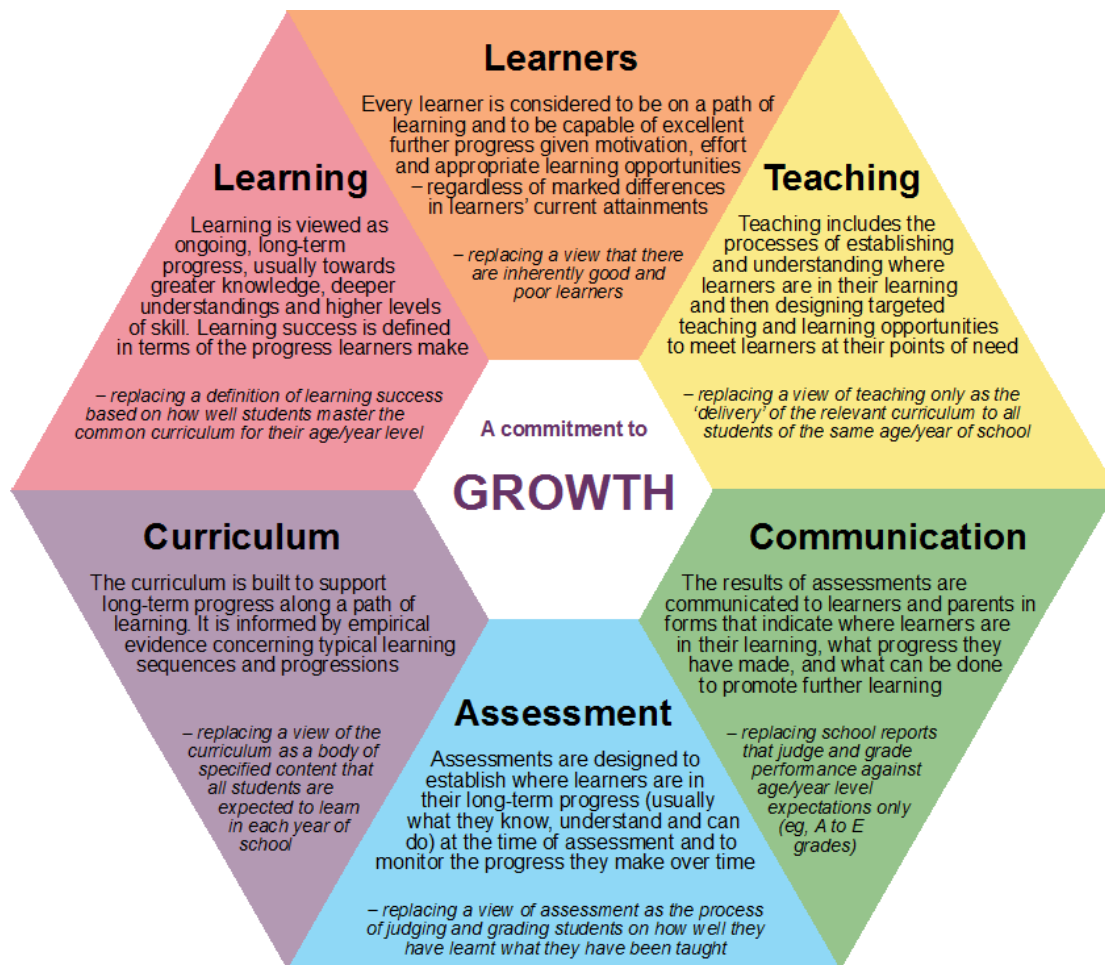
MIGS CROSS COUNTRY

Thank you to all of students and their families for the wonderful support that was shown at the recent MIGS Cross Country event. The weather was beautiful, the students' participation rate was very impressive and competitive, and our parent support and help was magnificent. I would like to congratulate the PE Department for the organisation and time that was vested into running this event. It was truly an enjoyable and successful day. Well done to all involved!

A COMMITMENT TO GROWTH IS A COMMITMENT TO EVERY STUDENT'S SUCCESSFUL LEARNING

Students begin each school year at very different stages in their learning and development, meaning that it is unrealistic to set the same learning expectations for all students or to expect all students to be at the same point in their learning at the same time. Nevertheless, every student should be expected to make excellent progress in their learning – regardless of their starting point.

A commitment to every student's progress, or growth, invites particular ways of thinking about learning, learners, teaching, the curriculum, assessment and the reporting of student achievement, as summarised in the following diagram:



Learning

What it means to learn successfully at school has commonly been defined in terms of the curriculum. In other words, students who demonstrate most of the curriculum for their year level have been considered to have learnt successfully; those who do not have been considered to have learnt less successfully.

This conclusion might be reasonable if all students began the school year at the same point in their learning, but in general they do not. Students begin each school year at widely dispersed levels of achievement. When all students are then judged and graded against the same year-level expectations, some students are advantaged and others are disadvantaged by their very different starting points.

A more useful way to define what it means to learn successfully is by reference to the progress students make in their learning. From this perspective, two students who begin at different starting points but make equal progress might be considered to have learnt equally well, despite their different end points.

This definition of learning as progress requires a change in frame of reference – from a defined body of common curriculum content to a well-articulated path of long-term learning progress.

Learners

A commitment to growth also invites a different way of thinking about learners. A conventional belief is that students differ markedly in their capacity to learn. Some students are considered more 'intelligent' than others and thus more capable of successful learning. The fact that some students perform better than others on tests of the school curriculum is often interpreted as evidence of inherent differences in learning ability.

A more helpful view sees every student as capable of learning if they are motivated and engaged, prepared to make an effort, and provided with well-targeted learning opportunities. This view is supported by current understandings of learning and brain plasticity. Today we are much less inclined to place limits on what individuals can learn given time and the right conditions. This view recognises that students of the same age will be at different points in their learning and may be progressing at different rates, but sees every learner as capable of making good learning progress.

(Thoughts on learning as researched by Professor Geoff Masters AO (November 2016))

At MIGS we have embarked on the process of data tracking students' performances from Years 7-11 via our GL Education Progress Testing (PT) and CAT4 testing programmes. The data gathered on each student will allow us to review our teaching programmes, teaching methods, assessment procedures, teacher feedback for students and our students' interest level and how they engage with their learning.

We will also be conducting the Pupil Attitudes to Self and School survey (PASS), as research has proven that student wellbeing and the school environment will also play a large part in the academic success of a student.

TEST-TAKING TECHNIQUES

What do you do in the few days before an examination?

At least a few days before the exam, make sure you do the following:

- By looking at past papers, get a feel for the types of instructions that will be on your paper.
- Look after your body – lots of water to juice up your brain, healthy food, and decent sleep.
- To calm nerves, make mental pictures of yourself sitting down and doing well in the test.
- Purchase any equipment you may need, extra calculator batteries, pens, rulers etc.
- Focus on reviewing key points, perhaps a condensed version of your summaries.
- Practise as many past test papers as you can get your hands on.
- Check the timetable to ensure you have a clear picture of when each exam is being held.

The night before the test or exam:

- Pack your bag with everything you will need for the next day.
- Plan what time you need to leave to ensure you have plenty of time for unexpected delays.
- Do not go to bed too late – you need to make sure your brain is fresh and alert.
- Just before you go to sleep, look through your notes briefly.

The morning of the test or exam:

- Visualise success. Picture yourself going into the exam and doing well.
- Review your notes briefly.
- Eat a hearty breakfast to fuel your brain so you can focus and concentrate in the exam.
- Avoid standing around in the group discussing what you did and did not study.

May I wish all students an enjoyable, successful and rewarding remainder of Term 1.

Mr Guy Cassarchis
Head of Senior School

Puppet Express

The Year 11 Community Arts group has decided to continue the works of our predecessor in the Wisdom Club. This academic year, we rebranded it to "The Puppet Express - Train to Education".

The main objective of this project is to inculcate the habit of reading from a young age. Part of our efforts to achieve this objective is by organising storytelling sessions complemented by variations of puppet shows. We had shadow puppets and a play as well.

The stories were acquired from books in the MIGS' library. We hoped that by keeping the students interested in our puppet shows, they would read the books again and imagine the show in their minds as they read along. Before we started making our puppets, we were given advice from Ms Deborah, our Teacher Librarian, on how we should read the stories to the children.

We started with a show for the Year 1 and Year 2 students on the 18th of October.

Our project consisted of four puppet shows:

- The Princess and the Pea
- Froggy Plays Soccer
- When Sophie Gets Angry, and
- The Gruffalo

We utilised two different classrooms where we had two shows running simultaneously. The groups then switched classrooms.

We succeeded in making the children laugh with our puppet shows.

We hope that this small effort would contribute towards encouraging the students to read the stories we had presented, and then moving on to read other stories out of their own interest.

After our success at MIGS, we decided to take this project externally. We organised a meeting with a local school to showcase our project. The date was set on 25th October for us to visit SK 1 Kuala Ampang.

United as one, we managed the project with ease while keeping to our main objective. Not only did we get to present our four chosen stories but we also got to mingle with the younger students in our community. The day was filled with laughter and many memories.

We also had a small book drive to collect used and new books for the students and teachers at SK 1 Kuala Ampang. There was enthusiasm all round with these additions to their library.

A special thank-you goes out to Mr Jehabar, Ms Josebell and Ms Farisya for guiding us throughout this memorable journey.

Lyana Syed
Year 11E



Basketball Match



We had a basketball match on Thursday, 20th November at ISKL. When we arrived, we did some stretching and shooting practice. Then the competition began.

Our PE teacher, Ms Courtney, chose five people to play in the first game. Terra scored many goals for the team which led us to win the first round. We continued playing several more games. Ms Courtney made sure that we all had the chance to play by getting us to switch players regularly during each game. She would yell, "Sub!" and we would switch. We each got

to play about 10 or 15 times, with about three minutes of play each time. At the end of the basketball match, we had to combine our score with the boys' team. The teams from ISKL won the match.

Zoha Majid Sharif
Year 5R

U14 & U16 Netball Tournament

An exhausting yet exciting netball tournament was held at Sri KDU International School on Saturday, 22nd October. It was the most eye-opening experience we had as a team.

As both the U14 and the U16 team waited for their turns to play, we watched other teams play their matches. From this, we learnt about their strengths and weaknesses, from which we took mental notes so we could try out a couple of things when we had our next game.

Between matches we took breaks and that is when we practiced using our code words like 'hat' or 'gee-gee'. Furthermore we added a few things into the typical game of monkey in the middle to help improve the skills we always use in netball.

The U14s excelled in almost all their matches; they managed to go into the semi-finals. As a group they fought really hard and worked together until the very last minute. The placing did not really matter as we knew that we all put in our one hundred percent.



Although the U16s were not as successful as the U14s, we gained experience from playing. We might not have come in first but we did learn that our players could play in other positions; which is valuable for our next match. Eventually we know that if we try hard we will get the placing we want.

No matter what, we learnt that giving up was not an option and with that drive we managed to push through even though we were tired and drained out of all our energy.

Sarah Shakira Heath
Year 11E

Cross Country

Thursday, 27th October was MIGS's Cross-Country event, and the venue was at Perdana Botanical Gardens. We had trained long and hard in the five weeks leading up to this day. During our PE lessons we had to run up, down and around the school to prepare ourselves as well as to improve our fitness. Even though training was tough, we managed to pull through. It was all worth it.

When the day came, it was time to put all that we had learnt during training to the test. There were different age categories and each of them had different distances. To guide and encourage us along the way there were teachers and parents standing at different points of the route.

Lots of cheering could be heard as the runners started and ended their course. Medals were awarded to the top three male and female finishers for the different age categories, and the final house points were calculated.

Overall I think all of us did better than expected. As they always say, "It never gets easier, you only get stronger".

Shahad Ahmed Daood
Year 9T

A note from the Junior and Senior PE Dept.

We would like to congratulate all the students who ran on the day; as challenging as it was, everybody did a fantastic job. The weeks of training leading up to the event showed the amazing amount of determination and commitment from all of our students.

Keeping active is so important, so we encourage at least 30 minutes per day of moderate to intensive activity to ensure a lifelong habit of staying fit and healthy.

We would also like to extend our sincere thanks to the parents and volunteers who helped on the day; the day would not have gone so smoothly without all of your assistance.



Cross Country Winners List

	Year 1		Year 2		U9		U11	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
1st	Rani Dahmad	Zinnia Afriediza Taha	Raphael Mantz	Jiyu Lee	Caleb Pruessner	Yukino Takei	Sahand Hajizadeh Gashti	Kiera Haejung Wi
2nd	Xavier Osague	Izz Kaaryn Prastowo	Ma Ding	Irdina Batrisya	Collins Muthomi	Marissa Halim	Dylan True	Terra Suppiah
3rd	Sheikh Abid Sulaiman Sheikh Ahmad Darabi	Shofia Zahirah Kurniadi	Jayden Pereira	Koh Lee Ann	Chiemezie Osuji-Bells	Sarah Cinta Daniels	Esomudo Osuji-Bells	Neema Njeri Ngaari
	U13		U15		O15			
	Boys	Girls	Boys	Girls	Boys	Girls		
1st	Shrijit Mandal	Tessa Chong	Gian Luca Pozzuto	Myra Lim	Ikhwan Zaini	Nayab Amjad		
2nd	Adam Ayman Yahara	Tengku Putri Erina	Haiqal Rusland	Aisling Ong	Hung Teck Ng	Jihye Kim		
3rd	Junhyuk Sung	Qaisara Ruslan	Megat Anaqi Zaharudin	Izmi Effendi	Mogilan Sangar	Tamilla Rashidova		

After adding all the top five finishing points and participation points for the day, here are the accumulated current house standings from the Cross Country event.

RUBY	EMERALD	SAPPHIRE	TOPAZ
165	156	194	200

Teddy Bear Picnic

On Thursday, 27th October, we had our Teddy Bear Picnic at Perdana Botanical Gardens. The picnic took place after all the students in Reception, Year 1 and Year 2 had completed their races during the Cross Country event.

We had our breakfast which was tuna sandwiches, banana and water. After that, we went to the playground to have our bear hunt with our teachers and parents.

Once we were at the playground, Ms Stella called all the Reception students forward. Then she made sure that everyone had a seeker to help find or locate their teddy bears. Children were asked to hide their teddy bears. Parents were asked to hide their teddy bears. Parents were told to close their eyes. After that, parents went bear hunting for their respective child's teddy bears. It was so much fun to watch the Reception children having a go at the bear hunt. This was followed by the Year 1 children.



Finally it was our turn to go on the bear hunt. We hid our teddy bears and our parents and teachers had to find our teddy bears or soft toys. We had an amazing time. Before we left, we had our lunch which was fried rice and cupcakes.

We felt happy and excited because we had an enjoyable outing and our Teddy Bear Picnic was a huge success. We would like to thank all parents and teachers who made this event possible.

Children of Year 2S

During the Cross Country, I went for a picnic with my school friends. We went to the Perdana Botanical Gardens and had a fun race.

I got first place! Then I hid my teddy bear behind the bushes. My teacher had to find it.

I had fun and I loved it.

Rani Damad
Year 1R



It was a cool Thursday morning. I was so happy to have my mum for the race at the Lake Gardens. I had fun running with my mum. I enjoyed hiding my teddy bear, having food with my friends and walking around at the garden. It was a fun day.

Hannah Alia Adil
Year 1S

Voices of Youth Forum

From the 20th until 23rd October 2016, four students from Year 10 represented MIGS to attend the Voices of Youth BRainS Summit Conference 2016.

We stayed at the Belum Adventure Camp in Belum Rainforest, Perak, where we learnt more about the environment surrounding us. Many different schools around Malaysia and even abroad attended the conference. Because we all came from different schools and barely knew each other, everyone was separated into four teams – Earth, Water, Wind and Life.

Throughout the four days, we were able to experience what life is like in the rainforest. It was a calming and wonderful escape from the city. We all got to play games and do intense activities like the high rope challenge, flying fox and water rafting.

We gathered every day for discussions and talked about environmental issues and how we could spread awareness against it. Each group was given a project that was to be presented on the day of the conference. As a finale, every group presented their projects.



This camp has given me a whole new perspective of the environment. It made me realise that we do not think much about Mother Nature. If we all worked together, it would be possible that we, the youth, could change the future.

Nik Aisyah Kosai
Year 10E

(Other participants: Andre Gana, Lim Sing Tyan & Elisa Ahmad Redza)

Community Arts Project

Every year, Year 10 students are welcomed to the Community Arts subject by being given the opportunity to create, develop and run a project within their year group. Later on this subject is expanded to a school project and finally ends with an outside community project.

At the start of this academic year, students, in groups, brainstormed topics that could set the theme, in line with the school vision, of their first project. After a couple of discussions, the topic of 'Individualism' was chosen.

With four groups of Languages, Art, Drama and Music set, students moved towards interpreting the theme and creating products to showcase their perspectives.

The final products – life-size board game of 'Your Life Path' (Art), 'I'm an individual' video (Languages), 'Teenage Dirtbag' performance (Music) and 'A Youth's Dream' performance (Drama) – were presented by each group, within the year and later on as a Senior School Assembly.

Through this entire process, Year 10s were able to comprehend the beauty embedded within each of them, and how it is important for them to respect each individual's inner potential.

Mr Ajesh Suresh
Head of Creative Arts



PSHE Talk

During a PSHE class, the Year 11 students were lucky enough to be visited by Mr Wesley Chan, a certified neurolinguistic programming trainer. He came to teach us more about ourselves and the workings of our own brains, so that we could harness that knowledge and use it to our advantage when it came to studying.



We played brain games that tested our concentration, reflexes and our ability to think outside the box. He told us to draw a cat on a piece of paper and then proceeded to tell us how the way we drew it exposes traits about ourselves. For example, if your cat was facing forward, you tend to take challenges head on and work through them instead of running away. He told us that an effective way to visualise your goals is to make a dream board to stick your aims on. He said the best feeling ever is to be able to tick one off the list, and it is very rewarding.

All in all, not only was the talk he gave us informative, but amusing and entertaining as well. It was one of our favourite PSHE classes because we were learning things about ourselves in ways that made it lively and fun. Mr Wesley Chan was an extremely good and informative speaker, who knew exactly how to relate to us and keep us interested (for example, making an analogy out of the Powerpuff Girls), all while giving us valuable knowledge.

Tasha Suresh
Year 11T

UNDERSTANDING SEIZURES/EPILEPSY IN CHILDREN

Seizure: A transient episode of abnormal electrical brain activity that leads to involuntary changes in behaviour, level of consciousness, sensation, and/or motor activity

Epilepsy: Diagnosed when a person has had two or more seizures

What causes seizures?

- Fever
- Infections
- Metabolic disorders – hypoglycemia (low blood sugar)
- Birth injuries
- Toxicological exposures – alcohol, drugs

First aid for seizures/epilepsy

- Place something soft and flat under the child's head
- Do not stop the child's movements
- Do not force the child's mouth open or put anything in the mouth
- Loosen anything around the child's neck
- Keep track of how long the seizure lasts
- Stay with the child until the seizure ends
- Turn the child onto one side to promote airway clearance once the seizure ends
- Do not give the child anything to eat or drink until fully alert
- Call 999 for seizures longer than 5 minutes

Reka Ramakrishnan
School Nurse