



Notes from the Head of School

Mr Guy Cassarchis, Head of Senior School

As we move towards the end of Term 2, the teachers are busy compiling their information for the Year 7-10 student reports. These reports will be completed and issued to families to review prior to the Parent-Teacher Meetings that will be conducted on Friday 31st March.

I would encourage all parents/guardians to take some time off from their busy schedules to have a conversation with their son or daughter regarding their school performance. Although the report will have marks and grades allocated to each subject that the students study, please remember that as parents and educators we look at the holistic growth of each individual, and marks and grades are only one tool of measuring success, happiness and growth.

As a School we believe that education is a lifelong process of helping individuals to discover their own uniqueness, talents, capacities and potential. It should lead people of all ages to an increased understanding of themselves and their world, to think critically, have courage, perspective, be able to communicate effectively, care deeply and act wisely.

Education is unique to each individual, but everything we do, everything we see, everything we hear and everything we experience forms part of our education. We firmly believe that everyone can learn.

Year 11 Students' Mock Examination Meetings

Over the past few weeks I have spent time with each Year 11 student reviewing and discussing their Mock Examination results, their plan for tackling the IGCSE Examinations that begin early in Term 3 and their possible career paths once leaving MIGS. Students were also given the opportunity to reflect on their time at MIGs and point out the positive and negative aspects of the School. This worthwhile process has allowed for some wonderfully honest and productive feedback that will benefit our current and future student body.

Council of International Schools (CIS) Visit

Mr Chris Durbin, a representative from the Council of International Schools (CIS) Accreditation team visited MIGS on Tuesday 7th March and Wednesday 8th March. This particular visit focussed on our new Child Protection Policy and Procedures, emergency evacuation and lockdown procedures, student and staff safety, an inspection of the new school facilities, management and governance, teaching and learning and our staff appraisal process.

Mr Durbin spent time discussing various aspects of MIGS with our student body, Heads of Departments and a number of Junior and Senior School parents. He observed lessons from both the Junior and Senior School staff and concluded his visit with an extensive debrief with the MIGS Board of Directors and the Heads of School.

As staff members we look forward to continue working with CIS on our next stage of accreditation. The self-study and providing of evidence of our standards are processes that encourage our staff to continue being lifelong learners and positive role models for our students.

Thank you to the parents who gave their time to meet with Mr Durbin and provided him a parent's perspective of a MIGS education.

I came across another useful article recently and would like to share it with our parents in hopes that it will be a helpful set of guidelines for improving concentration not just for our children but ourselves too.



BUILDING CONCENTRATION SKILLS

Many students find it difficult to concentrate and stay focussed when they are doing their schoolwork at home. So what can we do to improve concentration levels? Try these top tips.

- 1 IMPROVE THE ENVIRONMENT:** Have a good hard look at the environment you are trying to concentrate in. Is it noisy? Are there more exciting things happening around you? Is it too hot? Too cold? Are you uncomfortable? Too comfortable? What can you do to make the space more conducive to concentration?
- 2 BLOCKS OF TIME:** If you are someone who finds it difficult to concentrate at home, try not to study for too long at a time. Instead tell yourself you will work for 20-30 minutes then you can have a break. If you know it is only 20-30 minutes, it is much easier to concentrate than if it was for an indefinite period of time.
- 3 ANCHOR TO THE PRESENT:** Create a focus word that brings you back on task. We all daydream. The key is to start to pay more attention to when you are doing it and then immediately take action. If your key word, for example, was 'orange' when you notice you are daydreaming, say 'orange orange orange' to refocus your attention to your work.
- 4 RESET THE BRAIN:** Sometimes you just need a time-out from what you are doing to be able to concentrate again. If your attention is constantly wandering, then get up and have a drink, walk outside, kick a ball – just take 5 to 10 minutes to clear your head so you can come back fresh to your work.
- 5 WORK OUT PEAK TIMES:** Start to pay attention to what time of the day you are most focussed. That is when you need to do the harder work or the work that requires greatest concentration. If you know you get tired after dinner, do not leave the difficult work until then.
- 6 CARROT AND STICK:** Some people are motivated by working towards rewards, others by avoiding punishments. Give yourself a target time to focus with a little reward at the end if you achieve it – or maybe a little punishment if you do not!

By Dr. Prue Salter, Enhanced Learning Educational Services

Wishing all of our students and their families an enjoyable and successful remainder of Term 2.

A Fiery Activity

We had a special Scouts activity recently. We were told that we could create a small bonfire!

We were so excited and went up to the upper field to start work. First, we collected sticks and twigs. Then, we started to arrange them. We had to break all of the thick sticks and arrange them facing inwards.

Once all the sticks and twigs were in the right position, the fun part began.

We were told how to start a fire and what can be done if, for example, we have a match which we can use to light a newspaper and put in between the sticks.

We did that and the first group had their bonfire going. Then my group had our bonfire started, and last but not least the third group's bonfire was seen.

As time passed the sticks and twigs turned slowly into white ash and flew away with the wind. Mr Charlie brought a pail of water to pour onto the cinders. All that was left of our bonfires were the smell of smoke and the marks on the ground.

Lulu Nkatha Ngaari
Year 5R



Gardner & Wife Theatre

On Tuesday 7th March, 2017 the children from Reception, Year 1, Year 2 and Year 3 went to the Gardner & Wife Theatre to watch a play entitled "Emily Brown and The Thing".

We had our breakfast before boarding the bus to the theatre. The teachers chose our partners for the journey on the bus. The journey to the theatre took about 30 minutes.

When we reached our destination, we were greeted by the team from the Gardner & Wife Theatre. We took a short walk to the first floor and were given stickers before we entered the theatre. We were seated and were ready to watch the play.

When the play began, the lights were switched off and the characters came on stage. The play was about Emily Brown and her friend, Stanley, who wanted to sleep. But their sleep was interrupted by a loud wailing cry from the windowsill. It was "The Thing".

"The Thing" was crying because he lost his cuddly. So Emily Brown and Stanley went on an adventure to find the cuddly. They found the cuddly from the troll. They gave it to "The Thing" and he was very happy. Then they went back to sleep.

But once again they were woken up by a loud noise coming from the kitchen. It was "The Thing". His stomach was rumbling and he had lost his milk.

So Emily Brown and Stanley went to the mountain and fought with the polar bear and got back the milk. They gave it to "The Thing" and he was excited. So off they went to sleep.



They could not sleep as another sound came from the cellar. It was "The Thing" again. This time he was coughing and could not find his medicine. So off went Emily Brown and Stanley to find his medicine. They found the medicine from the Whiney Witches' Cavern. They took it to "The Thing" and he was grateful to them.

Finally they all went back to sleep.

The play had lots of funny songs and music. We had a wonderful time. When the play ended, we boarded the bus and came back to School.

The Children of Year 2S



My favourite character is Stanley. He is cute and brave. His best friend is Emily Brown.

Na'if Ihsan

My favourite character is Stanley, Emily Brown's toy. I like Stanley because he is cute and courageous.

Soraya Halim

My favourite character is Emily Brown because she is caring.

Kesuma Ramli

My favourite character is Emily Brown. She helped "The Thing" find its things.

Kaylen Oliaei

My favourite character is Stanley. He is loving and friendly.

Louis Low

My favourite character is Stanley. Stanley is Emily Brown's toy. I like Stanley because he is cute and courageous.

Koh Lee Ann

My favourite character is Emily Brown because she is kind. She helped "The Thing" a lot.

Ma Ding

My favourite character is Stanley because he likes to talk non-stop.

Gloria Mantz

TREE OF THOUGHTS
EMILY BROWN AND THE THING

Students in Reception were thoroughly excited by their visit to the Gardner & Wife Theatre and the play "Emily Brown and The Thing". They returned to School and started on small projects to share their thoughts on the play.

Reception R

We had a recap of the story and students shared their best moments from the play. Then, we made Emily Brown's rabbit (Stanley) and the children came up with some interesting names for their rabbits.

Ms Mona Khurram, Class Teacher



Reception S

The project was to create the students' very own "The Thing" based on their imagination. Once done, it was named Fluffy. The students also gave their reviews on the play.

Ms Raja Sheena, Class Teacher



★ ★ ★ ★ ★
Yesterday was Tuesday. I went to
watch a theatre about Emily Brown.
★ My friends also went there. Year 1S
and 1R and also Miss Kumud, Miss
Mawar, Miss Sukhwant and Miss Amalina.
We go to watch the theatre by bus. ★
Emily Brown is the story about a
girl who cannot sleep at night.
The owl disturbs her. Emily Brown
has a rabbit toy. His name is Stanley.
I enjoyed the story. It was funny.



Year 1S students displaying their project work on *Emily Brown and The Thing*, after their visit to the theatre.



Kindness, Sharing, Giving

We took part in donating some food to the Kelantan flood victims all last week. We were happy to lend a helping hand to those who are in need. All of us brought food like canned sardines, sugar, instant noodles and cordials.



During Monday morning assembly, we presented to the Junior School the idea behind "Learning to Care", which is part of our vision. Learning to care is about being kind to the community, caring for others, learning to give and sharing with the needy.

When we share and give, we are being kind.


This was included in one of our English lessons. The story was about a boy named Ho, who had a magic brush. Whatever he painted becomes real. He used his magic brush and painted things like clothes and food for the poor people in his village. The villagers were very happy and thanked Ho for being so kind.



We would like to share with you some of the quotes we shared with our friends (see below). We hope you are inspired by them as much as we are.

The Children of Year 1R

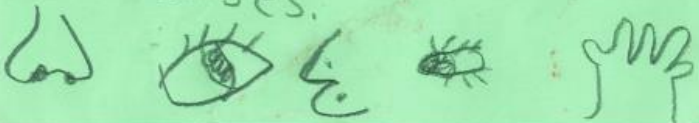
**WE MAKE
A LIVING
BY WHAT WE GET,
BUT WE MAKE
A LIFE BY
WHAT WE GIVE.**

 **Your GREATNESS
is not what you have,
it's what you give.**

Receiving is good
but giving is much
better.
Nevertheless,
sharing is the
best.

Science Assembly

By Lethelwa is
on Monday, we presented
about 5 senses during
the assembly. All the year
1 children were on stage.
We tell the school about
eyes, nose, ears, mouth and
hands. We are also learning
about 5 senses in Science.
I like to be on stage.
We also sing a song about
our senses.



Year 9 Excursion

The Year 9s recently had an excursion to the Titi Eco Farm, followed by the Yakult Factory in Negeri Sembilan. When we arrived at Titi Eco Farm, we were welcomed with some natural herbal tea. Combined with the fresh air and amazing agriculture at the farm, our attention was immediately caught.

We were introduced to a variety of plants from which we could pluck the produce, including black sesame seeds, green chilli, assam (tamarind) and our very own national flower. All of these are proven to be good for digestion and cooling down the body.

Next, we walked on a wobbly wooden bridge stretched across a lake and went on a flying fox that challenged some of us. It was incredibly fun. We made a stop at the rabbit farm and had the chance to feed the rabbits. We also saw a few goats.

Before we knew it, it was time for us to leave and make our way to the Yakult factory. We saw a large building when we arrived. Our tour guide directed us to a huge room to watch a video and presentation on Yakult. We learnt about the history, benefits and discovery of this probiotic milk drink.

Then, we went to the production site. The tour guide provided explanation about each step of production while we watched the machines and workers from huge windows. We were amazed by the production of Yakult as it goes through heavy but necessary processes. At the end of the tour, we had to chance to purchase the drink.

These visits taught us many little things which we used to take for granted. We returned more knowledgeable and wishing that all of our lessons were similar to this experience.

Myra Lim
Year 9T



Year 11 Study Tour

On 13th February, the Year 11s embarked on their final MIGS camp. Students filed into the bus excitedly, looking forward to the next few days spent with their close friends.

We soon arrived at Eagle Ranch Resort, Port Dickson; our home for the next few days. We were treated to an assortment of traditional Malaysian cuisine on our arrival. After filling our bellies with food, we were split into two groups, Team A and Team B. The management games commenced from there on. Then for the rest of the day, we spent our time in workshops conducted by Mr Jehabar, our Accounting and Business Studies teacher.

The second day was the busiest. Our activities included Flying Fox, Abseiling, an obstacle course and compass marching. The most memorable activity was the Flying Fox. It was amusing to see the thrill-seekers among us jump at the opportunity while the not-so-thrilled students stood nervously at the back. Upon noticing the hesitance of these few students, the whole group cheered them on until they completed the task.



We would like to thank Ms Luna, Mr Che Abas and Mr Jehabar for taking good care of us throughout the trip. Thank you, Ms Kuna, for coming all the way from Kuala Lumpur to host her workshop at Port Dickson.

This camp is undoubtedly the most touching experience we have ever had. We will never forget our experience at Eagle Ranch.

Sufiya Ezran & Tasha Suresh
Year 11T

Library Day 2017

Last Wednesday March 8th was Library Day at MIGS. I think we all enjoy the colourful mayhem that happens at this time every year.

For the two weeks leading up to this day we ran a **Guess the Book from the Emoji** competition and are proud to announce our winners from Junior and Senior School.

Veniz Lee	Year 4R	Maryam Chaudhary	Year 10T
Kiana Negarestani	Year 4R	Bianca Foo	Year 11T
Zahra Chaudhary	Year 4S	Suleman Chaudhary	Year 11E

Special congratulations to the well-read Chaudhary family!

The winners for **Best Costume** were selected based on originality and imagination. While we had many students in amazing outfits, we had to disqualify a number of them as they came without an accompanying book (because after all, it was Library Day).

So let us announce the winners for Best Costume.

Early Years	Sophia Kabir, Reception S
Junior School	Paris Alya Boukendoul, Year 1R
Senior School	Myra Lim, Year 9T

The **Classroom Window Competition** saw a fierce battle going on between the Year 5s and Year 3s. Based on the theme *Escape with Everywhere*, the Year 5s took the message literally and made posters of all the places they have travelled. In Year 3S, the class “escaped” to Hogwarts. Here, each student made a Happiness Potion and a 2D replica of the Gryffindor common room. Both classes were declared winners.



A big thank-you to all parents who helped their children look so wonderful, to the teachers who encouraged their students to work on the window displays, to students who took the time to enter the competition and to my Library Team, Ms Diana and Ms Nabila, without whom Library Day would not have been the success that it was.



Ms Deborah Clohesy
Teacher/Librarian

I am currently reading
The Vine Basket
by Josanne Lavalley



Library Day was held at MIGS on 8th March, 2017 with the theme, *Escape to Everywhere*. We were encouraged to dress up as our favourite character from a book. We also had a class door decoration competition. The class who wins the competition would get pizzas!

Many students came to School that morning dressed as a book character. There were many Harry Potters, Princesses and Superheroes. My sister came as Rey from Star Wars while I came as Batman.

We also made posters and designs for the blue board in front of our classroom. We created posters on our visit to places around the world such as Korea, France, the USA and England.

I did a poster on my visit to Paris, France. I included information on the geographical features of the country, its famous people and its history.

Library Day was a fun and an enjoyable day for us.

Ryan Adam Sardelich
Year 5S



Cultural Studies

Superheroes

In our Cultural Studies class, we had a lesson on Superheroes, their resilience and their impact on us.

Resilience is the mental strength to recover from situations or to bounce back. Most superheroes have a lot of resilience. One example is Bruce Wayne who decides to turn into Batman after his parents were killed.

Superheroes leave a huge impact on us, including encouraging kids to help others and to give them courage.

Lim Sing Ler
Year 7T



Seven Wonders of the World

We received a task to research on and build a model of one of the wonders of the world as part of our lesson. My group did a model on the Great Wall of China.

We were allowed three lesson times to complete the task. We made the wall out of paper mâché and polystyrene. Then, we had to conduct a presentation on the Great Wall of China in Bahasa Malaysia.

Besides our model, there was a model of the Taj Mahal, Machu Picchu and Petra in Jordan done by other students. It was a fun group project for all of us.

Adri Whittingham
Year 8T



Managing Maths

During one particular Mathematics class we were given an A3 paper that read *Completing Quadrilaterals* and had grids with dots that we were meant to join from the lines given to create the shape.



Throughout the activity, we had to remind ourselves that every quadrilateral has four sides and that not all shape will look the same. However, quadrilaterals will always have four sides with four straight lines.

It was a different way of learning and working. I also thought it was good to review back on this topic because some of us might have not remembered. Overall, this activity has definitely helped us remember about quadrilaterals better.

Qaisara Najya Ruslan
Year 7T

Malaysian Studies

Senior School students were enlightened about Malaysia customs, fruits and natural attractions during lessons on Malaysian Studies. Led by Ms Josebell, project work then had to be prepared as testament to what they have learnt. Here are some samples from the students.

THE OUTER SHELL OF THE SEASONAL CEMEDAK RESEMBLES GREEN DURIAN FRUIT. YOU CAN FIND GOLDEN ORANGE FRUIT THAT CAN BE EATEN RAW OR COOKED.

THE DURIAN SEASON IS USUALLY FROM JUNE TO AUGUST!

IT'S A POPULAR, HEAD-SHAKING, THIRTY, GREEN FRUIT AND IT TASTES VERY RICH AND SWEET.

THE DURIAN SEEDS ARE GOLDEN BROWN AND IS KNOWN TO BE VERY CRISPY.

IT EMITS A STRONG, OVERWHELMING, TASTING SMELL!

IT IS AN EXOTIC FRUIT!

THE GUSTO IS POPULAR IN MALAYSIA FOR IT'S HARD TO GET AND JUST TO GET IT, YOU HAVE TO BUY IT FROM THE LOCAL MARKET. IT CAN BE EATEN WITH ITS SKIN OR WITHOUT IT, WHICH HAS A SLIGHTLY BITTER TASTE, WHICH IS A BIT BITTER.

Dragon fruit is a sweet pinkish fruit with little spikes on it. The fruit comes out of a vine from inside with black small seeds.

Taman Negara
It is a completely protected area. It's known as the last of the oldest tropical forest. It is 4343 square km and lots of wildlife. It has the tallest mountain Gunung Kinabalu.

NIHA NATIONAL PARK
is a place where lots of LIMESTONE and trees can be found, animals are quite hard to spot. The park is known for its wildlife.

Chinese:
A round table is used more often but rectangular tables can be used as well. The round table is used so all the members can sit face one another. The guest of honour is always seated to the right of the host. Seating a guest at a place where the food has been served is impolite. Dining can only begin once all the guests and host has taken a seat. Dishes are always in the middle of the table. The food needs to be eaten with chopsticks except the soup. The eldest or highest ranking person needs to raise their chopsticks first. Don't use chopsticks to point at the food nor people. If you put your chopstick down don't let it point a person.

Customs Table manner

DOS

- They bring small vine or good vine.
- They always should introduce themselves to the master (Guy whose in charge of banquets.)
- Senior members have to be seated first, when toast is made, it is always first for the seniors then the juniors.
- When someone pours tea in your cup, you tap the table with your first two fingers 2-3 times, to show your thanks to them.
- To remove bones or inedible parts of your meal, use chopsticks to remove them from your mouth.

DON'TS

- Serving dishes are not to be picked up or passed around. You need to reach across others to get to a dish and to reach for food with your chopsticks.
- Do not finish all your food cause finishing all your food may be an insult to your host.
- Never be the one to take the last piece of anything. It's considered bad luck and shows your greed and being too hungry.
- When laying your chopsticks down, do not lay your chopsticks parallel on the top of the bowl or leave them sticking in the bowl. It is considered rude and a sign of bad luck.

Malaysia Facts:

- 1. Singapore located to the south of Malaysia, is the world's only island city state. It is a part of primary, also known as the 'Island of Singapore'. The 'Island of Singapore' is one of the most and the 'Island of Singapore'.
- 2. Brunei located to the East of Malaysia, is a sultanate state (like some other governments) located at the North coast of Borneo, the coastline with the South China Sea. Brunei is known as the 'Island of Brunei'.
- 3. Indonesia located to the South West of Malaysia, between the Pacific and Indian Sea, is the world's largest island country, over 13,000 islands, 4th most population country, capital is Jakarta.
- 4. Thailand located to the North of Malaysia, is the world's 52nd largest country, 20th most population country, the capital is Bangkok, Bangkok is the world's largest city.
- 5. Philippines located to the North East of Malaysia, located in the western Pacific Ocean, consist of 7,641 islands, Manila is the capital.
- 6. Vietnam located to the North of Malaysia, world's 33rd most population country, 4th most population Asian country, capital is Hanoi.

Malaysia Surrounding Countries:

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DONE BY: YEAR 9 COMMUNICATION MALAY/ MALAY STUDIES CLASS
MICHEL, ISMAIL, GEN, IREKHA, HANNA, HAILEY, JEMIE, DAHLY, MATTHEW, RAHMA, USMAN, UMER, SUAIMAH, ROOBA, WARDAN

Let's Eat Well

Teenage years are a turbulent phase for most children. With so much going on in their lives, they very rarely focus on what is best for them in terms of nutrition and good health. They feel vulnerable about many things in their life but never about nutrition and how important it is in their growing years.

IJN Chief Dietitian Ms Mary Easaw's presentation to the Senior School students during their PSHE hour emphasised on the significance of a balanced diet and exercise.

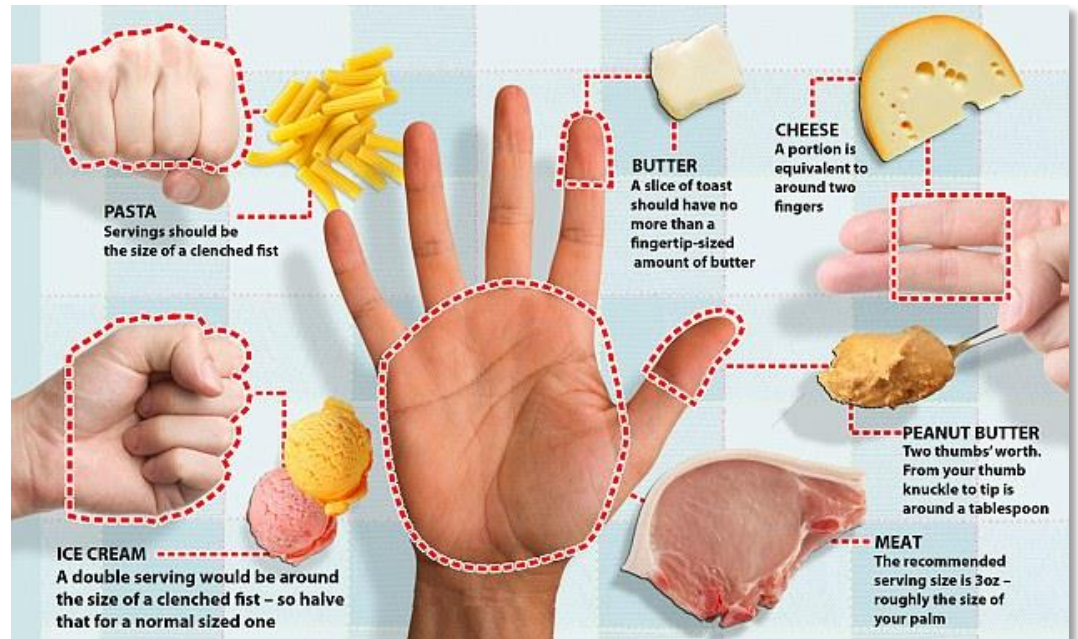
She demonstrated portion size, the right amount of protein, vegetables and carbohydrates that should be part of one's daily diet. She touched on a few eating disorders such as anorexia and bulimia

We learned a new term used in the Food Industry – "Bliss Point". This is used by the processed food industry to bring together three critical ingredients, salt, sugar and fat,

that would deliver just the right amount of palatability to achieve addiction of food, independent of whether we are hungry or not.

This is valuable information for our students to understand why they craved certain fast food such as fries, carbonated drinks and burgers.

Ms Rajani Vidyasagar
School Counsellor



- End -