



# Newsletter

**NEWSLETTER 2020/21  
TERM 2, WEEK 2**

## PRIMARY

The Star of the Week Award goes to Foo Ka Zen from year 1 Respect. A good listener, Ka Zen continues to develop and grow in all academic areas. His spirited participation in class discussions and activities is evidence of his growing confidence. Ka Zen now volunteers to recite paragraphs and is willing to take on maths challenges without fear of failure. In writing, he takes care forming his letters and is able to spell most of the high-frequency words independently. Ka Zen displays enthusiasm and keenness for learning and has a positive attitude toward school. We wish you a great journey ahead and well done!

## STAR OF THE WEEK



**Foo Ka Zen**



**SECONDARY**

The Star of the Week Award goes to Nicole Ong Wen Yi from year 11R. Nicole is an active member of the homeroom class and has contributed greatly to the enhancement of the class environment with her artwork and displays; the painting of her interpretation of 'Christmas Cheer' was particularly impressive. In combined science lessons she asks questions that provoke thinking and always engages in class discussions. We all wish her a great learning journey ahead and well done!

**STAR OF THE WEEK**



**Nicole Ong Wen Yi**



Dear Parents/Guardians;

We want to thank the parents for actively participating in the learning journey of their children. Your support by attending the first virtual coffee morning in Term 2 is very encouraging and motivating as your presence made a great impact on us . By coming together and sharing your concerns with us, we can provide these young learners the best educational benefits.

The students have settled in well and active learning is taking place with the online classes. Please help us by ensuring your children join the online classes on time. At the same time, we are looking forward to welcome our Early Years and IGCSE students to school next Monday. Do check the 'Quickschool' regularly as this is a way of communicating with parents as homework and announcements from teachers will be posted on this platform.

Due to the MCO being in place, we are unable to carry out many events listed in our academic calendar which was shared with you. We will keep you informed about conducting the events virtually where possible.

Next week 20th January will be our virtual coffee morning for both Milepost 2 and 3. We hope to see many parents for the sharing session. The homeroom teachers will send you the details as this will take place after school hours.

Please feel free to contact us or email us at [principal.puchong@rafflesia.edu.my](mailto:principal.puchong@rafflesia.edu.my) for suggestions and concerns. We trust that you will continue to be an active member of our school community. Thank you.

Regards,  
Chandra Veerappan





# NURSERY

## Mathematics



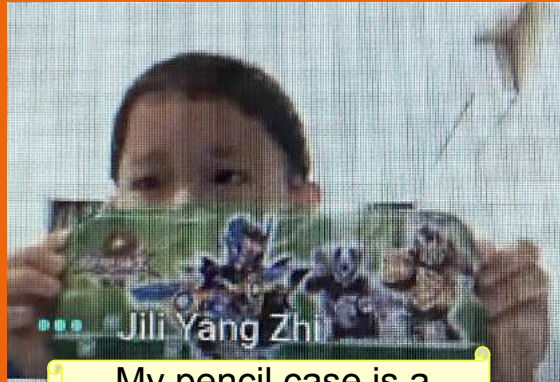
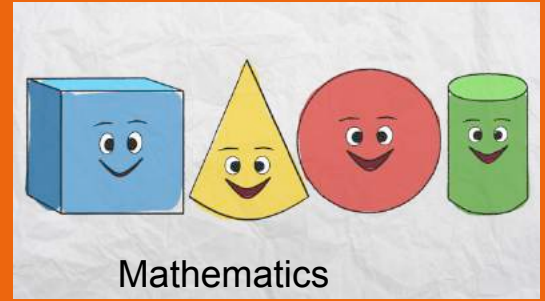
***Children are learning to count objects according to the number given.***





# Reception

We learnt about 3D shapes and explored everyday objects in 3D shapes!



... Jili Yang Zhi

My pencil case is a Cuboid! - *Jili Yang*



... ElKalila

This box is a Cube! - *Kalila*



... Sara Jane

This ball is a Sphere! - *Alexander*



... syasya wany

This is a Cylinder shape! - *Khayla*



... Inderjit Singh

My bottle is a Cylinder! - *Herschel*



... Isa Soon

My duster is a Cuboid! - *Isa*





# YEAR 1

## ENGLISH



We created a story map to help us learn the elements of a story. We recognised the title, the characters and the plot (beginning, middle and end).

Title  
**The Magic Paintbrush**  
by YuMan

### Characters:

### Beginning

The old man gave Ho a golden paint brush.



by Ka Zen

### Middle

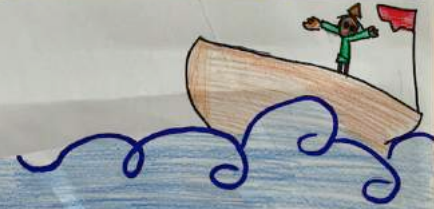
Ho painted lots of things. They all became real. The rich farmer was greedy.



by Freya

### End

Ho painted a gale. The gale took the farmer far, far away.



by Mikail

by Sofea

Illustrated by Nuo Chen



Ho



Old Man



Rich farmer



Villagers







This week in English, the students revised writing instructions. Students wrote instructions for various topics.

## ENGLISH



Wen Hong

Dilan

### How to Make a Potion



You will need:  
Water  
stick  
Eyes  
trash  
and a scented blood  
and a pot

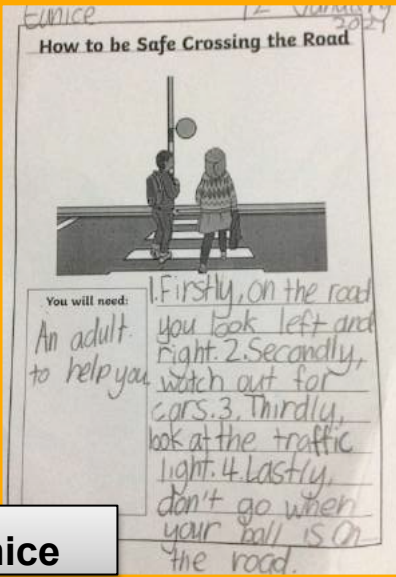
Firstly, pour some water.  
After that put the eyes around the  
water. stir with the stick a bit.  
Put trash and a scented blood  
in the pot. Finally stir it apart.  
The end  
name: alive poison ☹️

### How to Wash Your Hands Properly



You will need:  
Soap  
Water  
towel

Firstly you will need to use your hand.  
Secondly you will need to use soap.  
Then, use your hand.  
Next, dry it with a towel.  
Finally, you are done.



Eunice

### How to Make a Sandwich



You will need:  
Ham  
Cheese  
Pickles  
Mustard  
Two bread

Firstly take out  
bread. Secondly  
Put your Ham and  
cheese. Next put  
Pickles. Then put  
mustard. Finally cut  
the with bread.  
Picnic sandwich



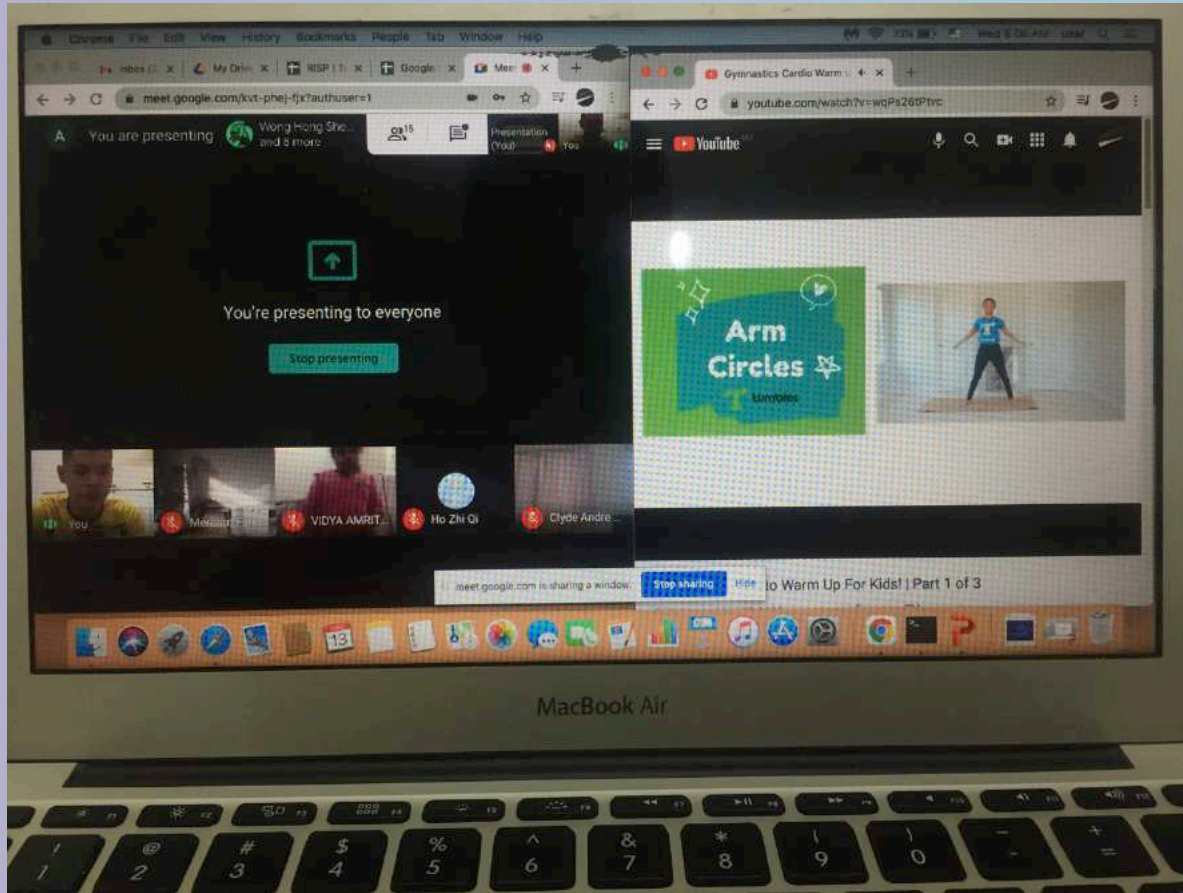
Dokyeong





# PHYSICAL EDUCATION: GYMNASTICS

*"Students learnt basic shapes in gymnastics and performed sequences of contrasting actions"*



## The Basic Shapes in Gymnastics







We know that division is the reverse of multiplication.

I can solve different word problems and use mental strategies when calculating my answer.

2. Challenge:  
Sarah has £20 to spend. If books cost £5 each, how many can she buy?  
(Remember to show your working).

$20 \div 4 = 5$   
She can buy 5 books.

We can use long division when dividing 3-digit numbers by a single digit number. We also know that sometimes we have remainders.

Division

a)  $3 \overline{) 123}$     b)  $5 \overline{) 125}$

c)  $4 \overline{) 96}$     d)  $5 \overline{) 85}$

e)  $9 \overline{) 171}$     f)  $4 \overline{) 124}$

g)  $7 \overline{) 371}$     h)  $8 \overline{) 276}$

8. Challenge:  
A car travelled 60 miles in 3 hours, how far did it travel in 1 hour?

$60 \div 3 = 20$   
It travelled 20 miles per hour.

Jaeha - Joshua

c) Four children can fit in a canoe. How many canoes do you need for 60 children?  
We need 15 canoes.

d) There are 95 chairs in a hall. The chairs are stored in groups of 5. How many groups of chairs are there?  
There are 19 groups of chairs.

e) There are 6 eggs in a box. A cafe serves 102 eggs at breakfast. How many boxes of eggs does the cafe use?  
17 boxes of eggs.

We had no remainders.

Monday Division 11/11/2021

a)  $3 \overline{) 123}$     b)  $9 \overline{) 153}$     i)  $3 \overline{) 18}$

c)  $4 \overline{) 96}$     f)  $4 \overline{) 124}$     j)  $7 \overline{) 959}$

d)  $5 \overline{) 85}$     g)  $7 \overline{) 371}$     k)  $7 \overline{) 33}$

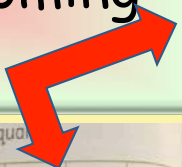
h)  $8 \overline{) 276}$     l)  $4 \overline{) 352}$

I have 17 stamps. Each letter needs 2 stamps. How many letters can I post?

Wong Jing



I am getting better with multiplication and division is becoming easier.



Handwritten division problems on a grid background:

- $81 \div 2 = 40 \text{ r } 1$
- $81 \div 3 = 27$
- $81 \div 4 = 20 \text{ r } 1$
- $81 \div 5 = 16 \text{ r } 1$
- $81 \div 6 = 13 \text{ r } 3$
- $81 \div 7 = 11 \text{ r } 4$
- $82 \div 2 = 41$
- $82 \div 3 = 27 \text{ r } 1$
- $82 \div 4 = 20 \text{ r } 2$
- $82 \div 5 = 16 \text{ r } 2$
- $82 \div 6 = 13 \text{ r } 4$
- $82 \div 7 = 11 \text{ r } 5$



Kyra

Olivia

I can solve division problems and round off when I have remainders.



Kyra

1. In this restaurant 6 people can sit at each table. How many tables do the staff need to prepare each day?

	Number of people	Number of tables needed	Show your calculation in this column
Monday	75	13 tables	$75 \div 6 = 12 \text{ r } 3$
Tuesday	72	12 tables	$72 \div 6 = 12$
Wednesday	73	13 tables	$73 \div 6 = 12 \text{ r } 1$
Thursday	67	12 tables	$67 \div 6 = 11 \text{ r } 1$
Friday	82	14 tables	$82 \div 6 = 13 \text{ r } 4$

One Cookbook costs \$4. How many cookbooks did the restaurant sell each night?

	Money from cookbook sales	Number of cookbooks sold	Show your calculation in this column
Monday	56	14	$56 \div 4 = 14$
Tuesday	68	17	$68 \div 4 = 17$
Wednesday	48	12	$48 \div 4 = 12$
Thursday	76	19	$76 \div 4 = 19$
Friday	0	0	$4 \div 0 = 0$

RUDHRA

Can you suggest a reason why the restaurant did not have any cookbook sales on Friday?  
Perhaps they didn't sell any books on Friday because they ran out of book and had to buy some books.

2. Choose a 2-digit number from this section of the 100-square

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

- Divide your number by 2, 3, 4, 5, 6, 9 and 10.
- You can use any method. You may be able to do some mental.

The number I chose was 81

Here are my answers:

- $82 \div 2 = 41$
- $82 \div 3 = 27 \text{ r } 1$
- $82 \div 4 = 20 \text{ r } 2$
- $82 \div 5 = 16 \text{ r } 2$
- $82 \div 6 = 13 \text{ r } 4$
- $82 \div 9 =$
- $82 \div 10 = 8 \text{ r } 2$

Show your working here:

Handwritten long division examples for 82 divided by 2, 3, 4, 5, 6, 9, and 10.





**KATA-Hubungan - Conjunctions**

1. dan - and (best friend)  
- Fakrul cheng dan Geanash merupakan kawan baik.
2. Atau - or  
- Dia membeli aiskrim Vanilla atau aiskrim strawberi?
3. sambil - while (sing)  
- Khasrul sedang menyanyi sambil menari.
4. lalu - After  
- Ibu mencatat barang yang ingin membeli lalu pergi ke kedai membeli barang.

**Zon Praktis**

A. Betulkan kesalahan penggunaan perkataan dalam ayat-ayat yang berikut.

1. Chun Wei rajin dan adiknya malas. (lazy) tetapi ✓
2. Dia berehat tetapi menonton televisyen. (watching tv) Sambil ✓
3. Lina naik ke pentas atau menyampaikan syarahan. (speak) lalu ✓
4. Kita akan berlatih seperti biasa sambil hari hujan. (read book) kecuali ✓
5. Chin Chin membaca buku setelah menunggu bas tiba. (wait) atau ✓
6. Kamu suka minum kopi dan teh? (fishing) (at the pond) dan ✓
7. Wan Ling atau Siew Ping memancing di tasik itu. (work) (get) (game) Supaya ✓
8. Kita mesti rajin belajar setelah mendapat keputusan uaga cemerlang. (result)

Lily sangat sedih \_\_\_\_\_ kucing kesayangannya mati.

9 Kahoot!

▲ kerana      ◆ untuk  
● supaya      ■ kecuali

3/10      Game PIN: 3

Yeah, I can memorize 14 Kata Hubung and can answer the questions on Kahoot!

Hugo

Meet - xon-suj-cmt

You are presenting

You're presenting to everyone

Stop presenting

Rui Jie Tee, Megan Alesha, Megan Lee Jing, Aghan Varan

William mandi \_\_\_\_\_ menyanyi di dalam bilik air.

3 Kahoot!

10 Answers

▲ kerana      ◆ agar  
● sambil      ■ dan

Kata Hubung Y5

Qi Bing

Rui Jie 2 5735 7 out of 10	Hemeindraa 3 4668 6 out of 10
1 6712 9 out of 10	

Students learned Kata Hubung (Conjunctions) and completed some worksheets to demonstrate their understanding of the subject. Students had fun testing their knowledge and application of the topic using Kahoot!



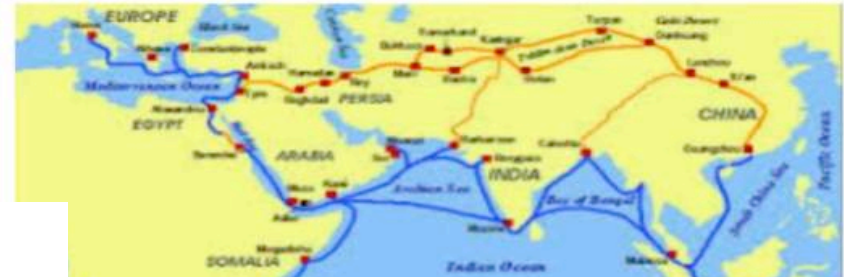
During our IPC unit Going Global, a group of year six students (Ho Zu Yao, Wan Katrina Amani, Anastasia Andreev) created a presentation on the critical role that the Silk Road played in keeping trade open between Europe and East Asia.

# The Silk Road

Edited by Ernest ho,  
Anastasia Andreev and Wan  
Katrina

## What is the Silk Road?

The Silk Road was a network of trade routes which is connected from china to the Middle East and Europe. Although it's been nearly 600 years since the Silk Road has been used for international trade, the routes had a lasting impact on commerce, culture and history that resonates even today.



## What was the silk road was used for?

The silk road was used for trading goods and deeds. It helped generate trade and commerce between a number of different kingdoms and empires. Types of stuff that people traded was spices, jewels, rice, cotton, luxury goods and many other things. Although people used the silk road, not many others used it because of it's dangerous things.



## What's so dangerous about Silk Road?

It was incredibly **dangerous** to travel along the **Silk Road**. You faced desolate white-hot sand dunes in the desert, forbidding mountains, brutal winds, and poisonous snakes... But, to reach this part,, you had to cross the desert or the mountains. And of course there were always bandits and pirates.





# Year 6 : Physical Education



## Gymnastic Sequence

*Year 6 students learnt to compose a sequence by combining 8 gymnastic elements (twisting, turning, flight, change of direction, speed, and balance)*





**Baca petikan di bawah dan jawab soalan-soalan yang berikutnya.**

Malaysia sememangnya kaya dengan kuih-muih tradisional. Antara kuih yang menjadi kegemaran rakyat Malaysia ialah kuih peneram. Kuih ini juga disebut sebagai deram atau kuih cincin. Kuih peneram sangat popular di pantai timur semenanjung Malaysia. Warna kuih peneram agak gelap. Rasanya yang enak menyebabkan kuih tradisional ini digemari oleh semua kaum di Malaysia.

Kuih peneram ini biasanya dihidangkan ketika menyambut sesuatu perayaan atau majlis kenduri. Bahan-bahan yang digunakan untuk membuat peneram ialah tepung beras, gula merah, gula putih, santan, dan minyak masak. Pembuatan kuih ini tidaklah terlalu rumit. Mula-mula, masukkan gula merah, gula putih, dan santan ke dalam periuk. Kacau hingga sehati dan biarkan adunan ini mendidih. Seterusnya, masukkan tepung beras ke dalam sebuah bekas.

Kemudian, adunan yang telah mendidih tadi dituang ke dalam bekas yang mengandungi tepung beras. Kacau tepung beras dan bahan-bahan itu sehingga sehati.

**Soalan Kefahaman**

1. Apakah nama lain untuk kuih peneram?

Nama lain untuk kuih peneram ialah deram dan cincin.

2. Apakah warna kuih peneram?

Warna kuih peneram agak gelap.

3. Mengapakah kuih tradisional ini digemari oleh semua kaum?

Rasanya yang enak menyebabkan kuih tradisional ini digemari oleh semua kaum di Malaysia.

4. Bilakah menghidang kan kuih peneram ini?

Kuih peneram ini biasanya dihidangkan ketika menyambut sesuatu perayaan atau majlis kenduri.

5. Apakah bahan-bahan yang digunakan untuk membuat kuih peneram?

Bahan-bahan yang digunakan untuk membuat peneram ialah tepung beras, gula merah, gula putih, santan dan minyak masak.

**Kosa kata**

1. Kegemaran favourite
2. Kuih peneram incarnate cake
3. Pantai timur east coast
4. Agak gelap it's a little dark
5. Rasa feel
6. Enak delicious
7. Digemari favored
8. Semua kaum all races
9. Dihidangkan served
10. Menyambut welcome
11. Perayaan celebration
12. Majlis kenduri feast
13. Bahan-bahan ingredients
14. Tepung beras rice and corn flour
15. Gula merah brown sugar

16. Gula putih - white sugar

17. Santan - coconut milk

18. Minyak masak - cooking oil

19. Pembuatan kuih - cake-making kuih

20. Terlalu rumit - too complicated

21. Ke dalam periuk - into the pot

22. Kacau hingga sehati - stir well

23. Adunan ini mendidih - this mixture boils

24. Sebuah bekas - a used container?

25. Dituang ke dalam bekas - pour it into the container

26. Kacau tepung beras - mix the corn flour rice flour

27. Bahan itu hingga sehati - the mixture is well mixed

**Raneea**

**Hu Zu Yao**

**Wan Katrina**

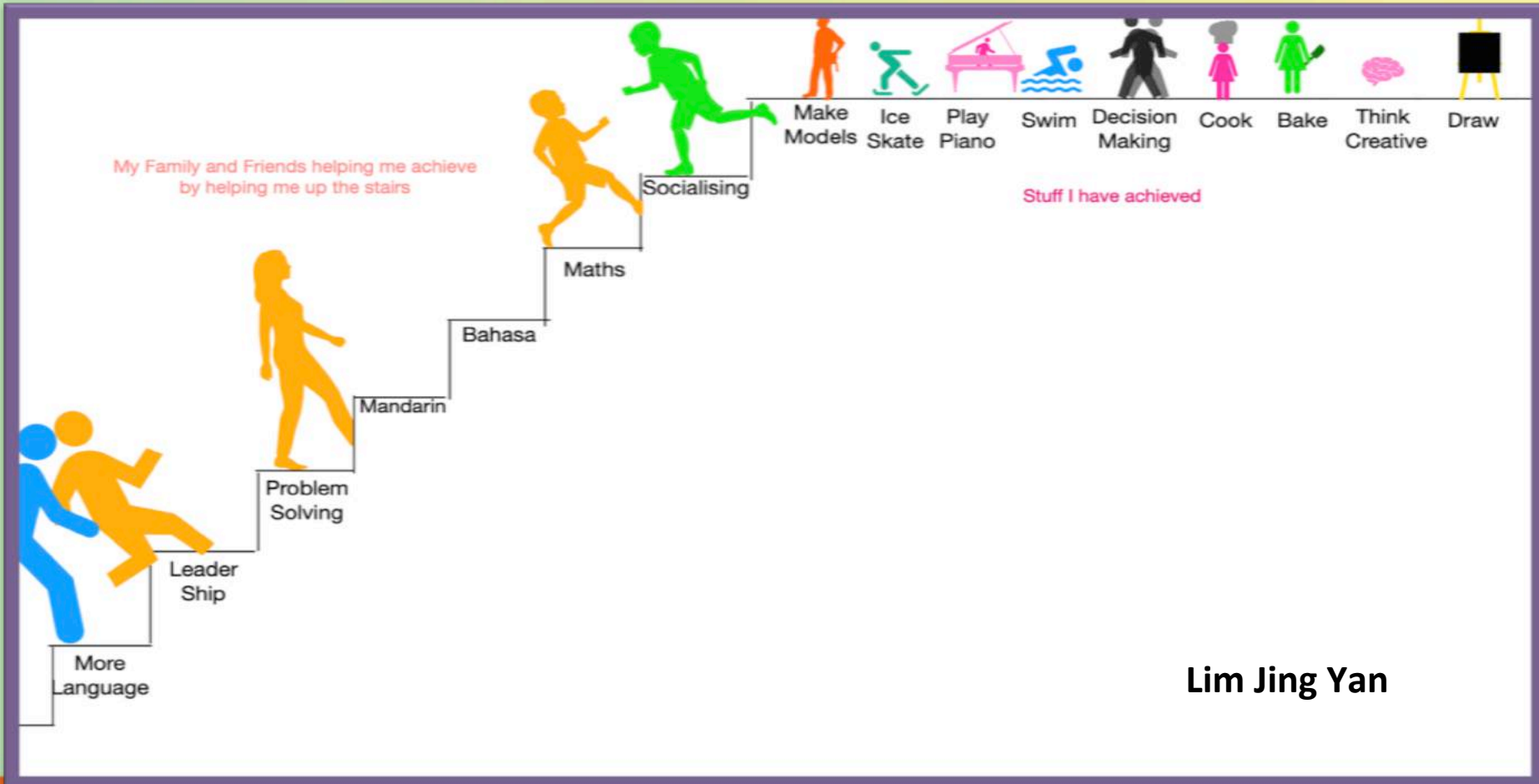
**Students did a reading activity and listed new words from the text. This exercise was to help them improve their Malay vocabulary. They memorised the words for future use.**







In Global Connections this term, students have been introduced to the topic of education and the key question: How important is education ? This week the students have been reflecting on different perspectives about education and on their own learning journey so far. Students created their own visual representations of their personal learning journey, some of which are shown below.



Lim Jing Yan





# YEAR 7: GLOBAL CONNECTIONS



Lim Pen Nee



De Mi Foo





# Rafflesia

INTERNATIONAL & PRIVATE SCHOOLS

TRADITIONAL VALUES • GLOBAL VISION

# YEAR 7 : GLOBAL CONNECTIONS

**Muhammad Shafwan  
Bin Saleem**



## *My learning Journey*

**Gabriel Bong**

Number.	Pictures.	What I've learned throughout my JOURNEY.	Who helped me in my journey.
1.		I learn how to crawl.	My parents helped me.
2.		I learn how to walk.	My parents helped me.
3.		I learn how to study.	My teachers, parents and tuition teacher taught me.
4.		I learn how to shower alone.	My parents helped me.
5.		I make new friends	My parents helped me.





During Science lessons, students created a digestive system model! The digestive system is the organ system that breaks food down into small molecules that are absorbed into the bloodstream. Digestion is helped by enzymes, which are biological catalysts.

## DIGESTIVE SYSTEM

By: Hui Shan

**FUNCTION & PH OF ORGAN IN THE DIGESTIVE SYSTEM**

- \* Mouth (pH 6.5) - Breaks up food into smaller pieces
- \* Oesophagus (pH 1.0) - Transport food to stomach
- \* Liver (pH 7.0) - Changes food into energy
  - ↳ makes bile and the bile is stored in the gall bladder which will flow into the small intestine
- \* Stomach (pH 3.5) - stores and churns food
  - ↳ begins protein digestion
- \* Pancreas (pH 7.5) - makes pancreatic juice
  - ↳ Pancreatic juice flows into the small intestine
- \* Small intestine (pH 7.5) - absorbs nutrient
  - ↳ releases pancreatic secretion and bile
- \* Large intestine (pH 5.5) - absorbs water and electrolytes to form vitamins
  - ↳ forms faeces toward the rectum

**DIGESTIVE DISORDERS**

**Stomach Ache**

- \* common symptom are dizziness, vomiting, stomach pain and cramps
- ↳ you lose fluids through diarrhea and vomiting

**Gallstones**

- \* Bile can form small, hard deposits called gallstone
- \* You may also have nausea, vomiting and fever.
- \* Surgery is the usual treatment for gallstone

**GRASS FACTS:**

- \* The acid in your stomach is strong to burn your skin
- \* The amount of saliva you produce increases when you throw up to protect your teeth from the stomach acid
- \* If you eat food with food colouring, your poop will be in a different colour
- \* Heartburn occurs when stomach acid move up the oesophagus
- \* You burp to release extra air
- \* Flat smells bad because it is produced by fermented bacteria and that mixed with air

## HUMAN DIGESTIVE SYSTEM

**What is digestion?**

It is the process of breaking down the food and drink into smaller molecules like carbohydrates, protein, fats and vitamins.

**Its importance**

It is very important because our body turns food we eat into nutrients. It uses for energy, growth and cell repair. Food and drink must be changed into smaller molecules before the blood absorbs them and carries them around the body. The body breaks down nutrient from food and drink into carbohydrates, protein, fats and vitamins.

**The process of digestion**

Your mouth is the entrance to a long tube called alimentary canal. The other end of this is called the anus. Food is taken into the mouth and begins in alimentary canal. As it passes along the food particles get out of the canal and get into body. This is called absorption. Food can not be absorbed past the anus.

**Diagram**

**Interesting fact:**

- The average person produce 2 pints of saliva per day. That is 2 cans of soda.
- The second part of our small intestine is called the jejunum.
- Small intestine is 90-95 feet long and the large intestine is only 15 feet long.
- Stomach grow because our stomach is empty and there is no food to muffle it.
- Aerobic exercise with oxygen is the best type of exercise to keep the digestive tract in shape.
- The stomach has the ability to stretch and hold up to 4 pounds of food at one time.

**FACTS!**

What is digestion and its importance?

Digestion is all about breaking down so we can use the nutrients in it. It is important because our bodies make nutrients from food and drink to use, grow and stay healthy.

**Fun facts:**

- The small intestine is about 20 feet long and is the longest part of the digestive system.
- The stomach can hold up to 1 1/2 lbs of food at one time.
- The average person produce 2 pints of saliva per day.
- The tongue has 10,000 taste buds.
- It can taste up to 10,000 different tastes.
- You burp to release extra air that you swallow if you eat fast.
- Swallowing food without chewing can cause indigestion or heartburn.

**Disorders that affect the Digestive System**

1. **Acid reflux** - It is caused by a weak or relaxed lower esophageal sphincter.
2. **Heartburn** - It is caused by acid reflux.
3. **GERD** - It is a chronic condition where the stomach acid flows back into the esophagus.
4. **IBS** - It is a chronic condition where the large intestine is overactive.
5. **Celiac disease** - It is an autoimmune disease where the body attacks the small intestine.
6. **Lactose intolerance** - It is a condition where the body cannot digest lactose.
7. **Gluten intolerance** - It is a condition where the body cannot digest gluten.
8. **Food allergies** - It is a condition where the body reacts to certain foods.
9. **Food poisoning** - It is a condition where the body reacts to contaminated food.
10. **Food intolerance** - It is a condition where the body reacts to certain foods.

**Salivary Amylase**

Salivary Amylase is an enzyme that breaks down starch into maltose.

## "DIGESTIVE SYSTEM"

**WHAT IS DIGESTION? + IT'S IMPORTANCE**

Digestion is the breakdown of large molecules of nutrients to small molecules so that they can be absorbed. It is important because your body needs nutrients from food to function properly.

**3 FUN FACTS**

1. Average person produces 2 pints of saliva per day.
2. The small intestine is 20-25 feet long, while the large intestine is 15 feet long.
3. The stomach is able to hold up to 2 lbs of food at one time.
4. When you're first born, you don't have any of the healthy bacteria your system needs.
5. The amount of saliva you produce increases when you throw up to protect your teeth.
6. The biggest chunk of faeces is called the rectum.

**DISORDERS THAT AFFECT DIGESTION**

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## DIGESTIVE SYSTEM!

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# Year 8: Science

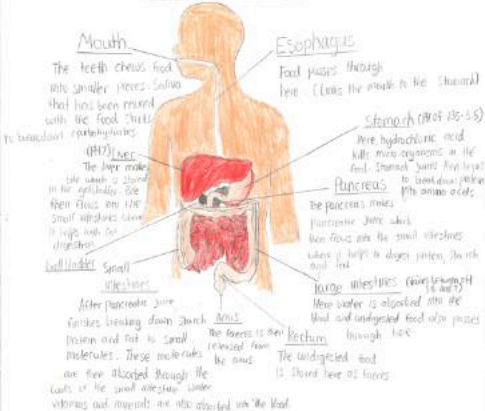
**Enzymes Produced by organs**  
amylase and lipase are produced by the pancreas. The small intestine then produces and enzymes to further help with digestion.

by Jason

**Diseases that affect the digestive system**  
• stomach flu (usually comes from an infected person through the water in communal swimming, streets and drains)  
• diarrhoea (may cause severe pain or infection)

by Jason

## Digestion



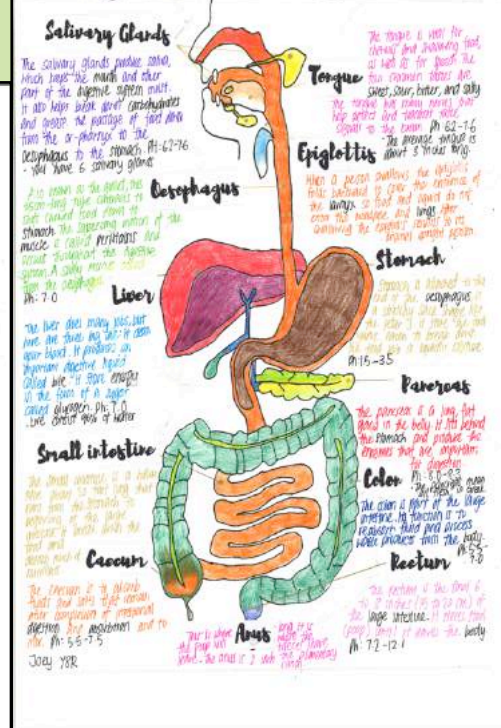
**Focus**

- The small intestine is very long than by large intestine.
- Enzymes in your digestive are what separate food into nutrients that you need.
- The average person produces around 2 litres (about 2.1) of saliva everyday.
- Some disorders affect how your body digests food. The shortage of Saliva produces increases when you are young.
- The stomach could stretch up close to 20 times its normal size.

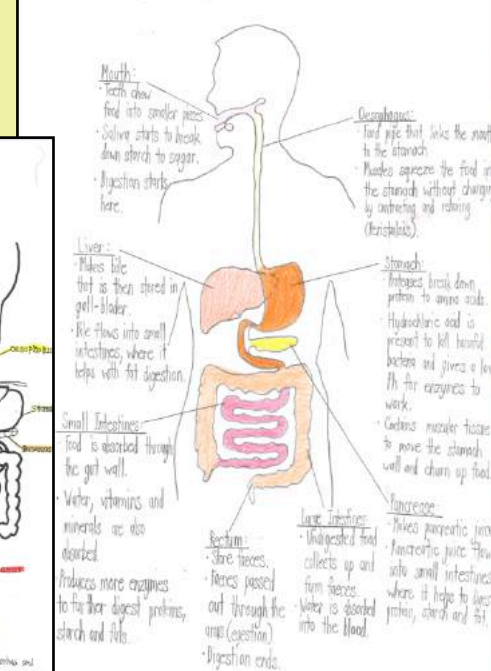
**What is Digestion?**

Digestion is the breakdown of large molecules into smaller ones so that they can be absorbed. Digestion is extremely important as your body requires nutrients to stay healthy.

## Digestive System



## Digestive System



## DIGESTIVE SYSTEM



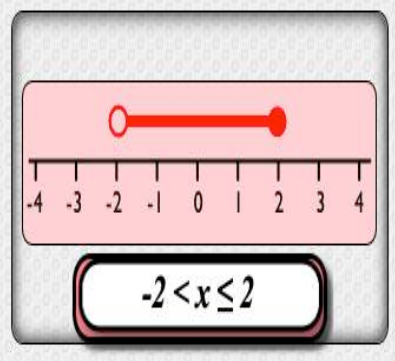
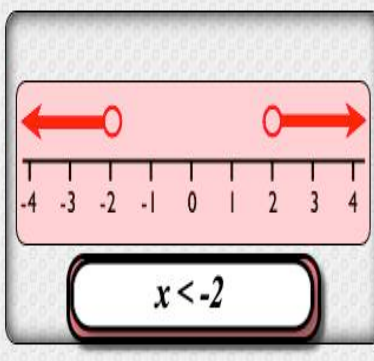
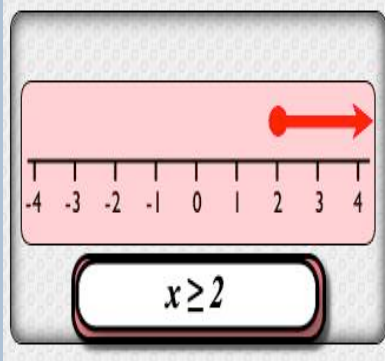
**Fun facts about the digestive system**

- The average person produces a pint of saliva every day, that is 1.5 litres, or 1.5 litres of water.
- The small intestine is about 6-7m long but by the time it has finished its job it is only about 1.5m long.
- The stomach has the ability to stretch and hold up to a pound of food at one time.
- When mechanical digestion happens on the food it is only digested once.
- The small part of the small intestine is called the duodenum.
- The muscle in your esophagus acts like a giant door that is what makes food or drink down to your stomach. This muscle action is called peristalsis.
- Stomach grinding is called mastication and happens on the food, but it's not really chewing because there is no food to chew.

In mathematics, inequalities are used to compare the relative size of values. They can be used to compare integers, variables, and various other algebraic expressions. This week, Year 9 students learnt how to apply the inequality signs  $\geq$ ,  $\leq$ ,  $<$ , and  $>$ , drawing the inequality on a number line and solving simple linear inequality problems.

$$799491 > 396642$$

$$239224 < 5315803$$



1 Are these statements true or false?

	True	False
$\frac{1}{3} < 0.3$	<input type="checkbox"/>	<input checked="" type="checkbox"/> $\frac{1}{3} < \frac{3}{10}, \frac{10}{30} < \frac{9}{30}$ ✓
$2\frac{1}{4} > \frac{9}{4}$	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> $\frac{9}{4} \geq \frac{1}{4}$ ✗
$(-5)^2 > -25$	<input checked="" type="checkbox"/>	<input type="checkbox"/> $25 > -25$ ✓
$\frac{1}{15} < \frac{1}{12} < \frac{1}{11}$	<input checked="" type="checkbox"/>	<input type="checkbox"/> $\frac{132}{1980} < \frac{165}{1980} < \frac{180}{1980}$ ✓

5 Solve these inequalities.

a)  $5x < 35$

$$x < \frac{35}{5} \quad x < 7$$

$$x < 7$$

b)  $x - 11 \geq -5$

$$x \geq -5 + 11$$

$$x \geq 6$$





In the additional mathematics class, students learnt about the factors of polynomials. They learnt what quotients, divisors, remainders are, and methods to answer questions such as the factor theorem. This topic is useful for calculating the size and shape of curves in engineering, or can be used to model financial situations to predict patterns in stock markets.

Handwritten mathematical work on a grid background. It includes:

- A long division problem:  $5 \overline{)305}$ . The quotient is 61 and the remainder is 0. Labels: "61 → quotient", "divisor", "remainder".
- Two polynomial long division problems:
  - $x-2 \overline{x^3 - 5x^2 + 8x - 4}$
  - $3x+1 \overline{6x^3 + 11x^2 - 2x - 2}$
- A division problem:  $5 \overline{)155}$ . The quotient is 31 and the remainder is 0. Label: "Factor of 155".



Handwritten mathematical work on lined paper. It includes:

- A problem: "Find the remainder when  $f(x) = x^3 + 2x^2 - 3x + 2$  is divided by  $(x-1)$ ".
- A polynomial long division:  $x-1 \overline{x^3 + 2x^2 - 3x + 2}$ . The remainder is 2.
- A label: "Remainder = 2".



Handwritten mathematical work on lined paper. It includes:

- A problem: "Multiply  $(2x^3 - 5x^2 + 4)$  by  $(2x - 1)$ ".
- The multiplication process:
 
$$(2x-1)(2x^3 - 5x^2 + 4)$$

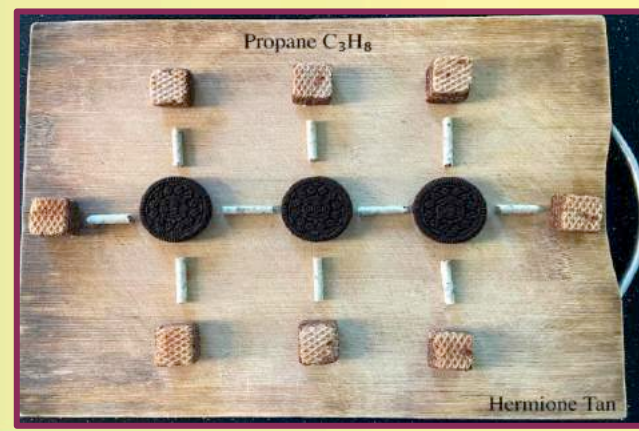
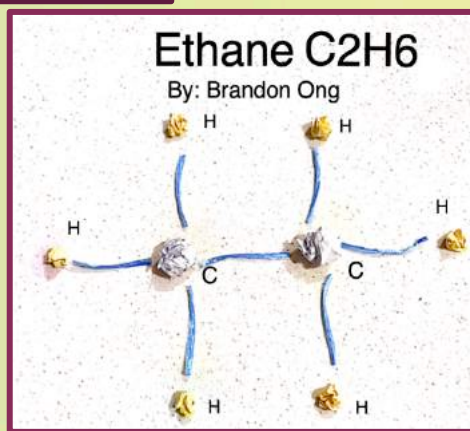
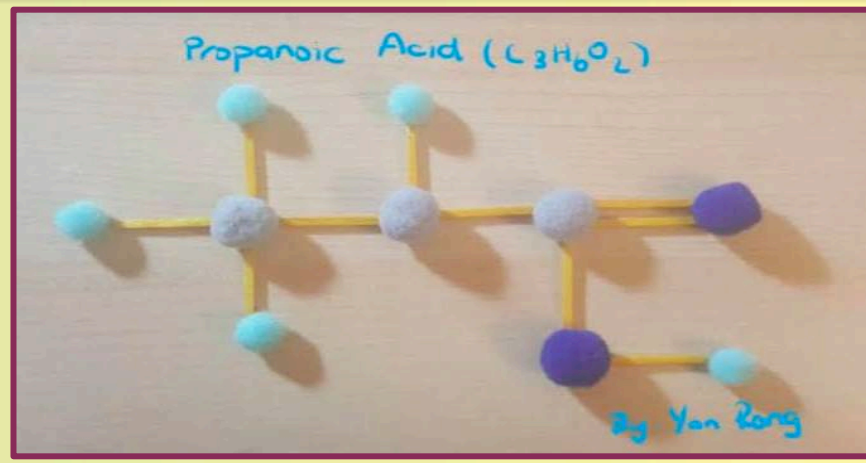
$$= 4x^4 - 10x^3 + 8x - 2x^3 + 5x^2 - 4$$

$$= 4x^4 - 10x^3 - 2x^3 + 5x^2 + 8x - 4$$

$$= 4x^4 - 12x^3 + 5x^2 + 8x - 4$$
- A red checkmark at the end of the final result.



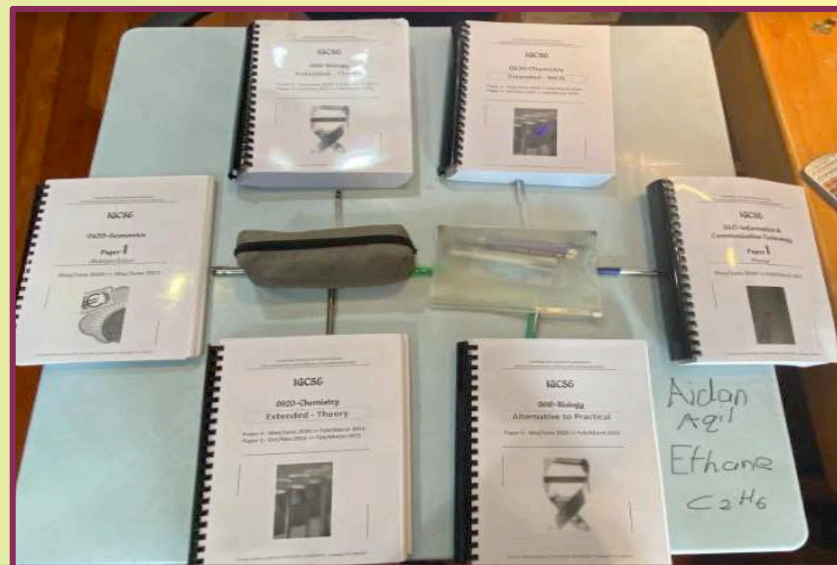
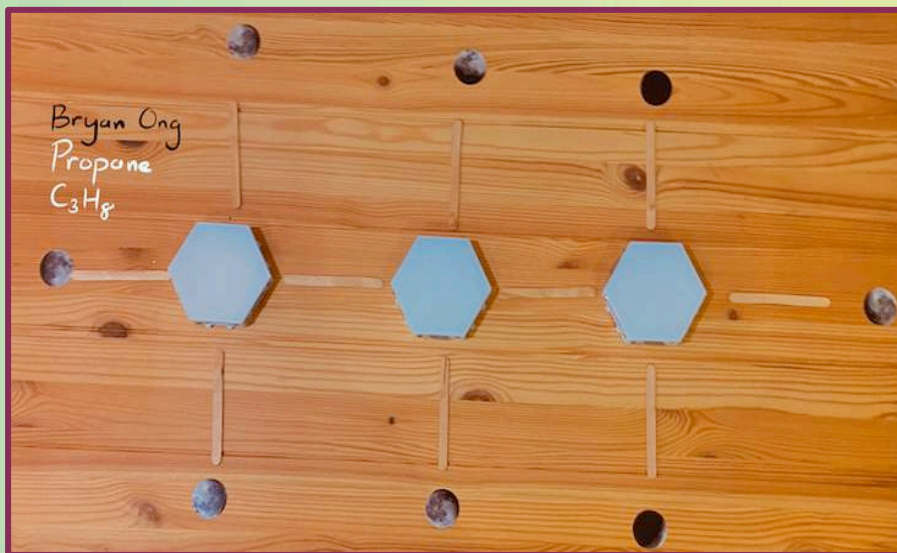
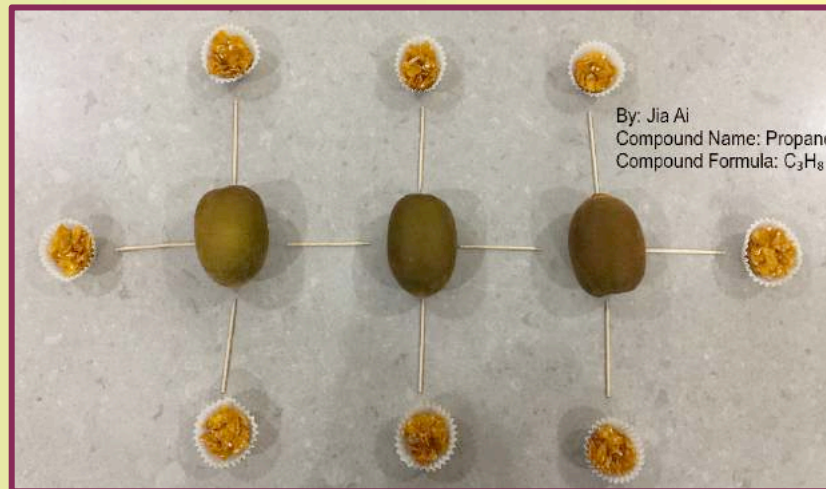
Organic Chemistry is one of the wonderlands of science. It is just fascinating how groups of non-living atoms join together and form a living organism. The mystery is that science, despite all human advancements, has not yet revealed all its secrets. In this class activity, students created a model of an organic compound using the material available to them at home.







# YEAR 11: CHEMISTRY



# Pastoral Care Article :Physical Activity and Mental Health



The UK government has defined wellbeing as 'a positive physical and social and mental state' (Department of Health, 2010). Mental wellbeing includes factors such as individuals' ability to develop their potential, work productively and creatively, build strong and positive relationships with others and contribute to their community'. It also involves areas of life such as feelings of satisfaction, optimism and self-esteem.

One way to enhance our mental wellbeing and protect our mental health is through participating in physical activity. It can increase self-esteem and reduce stress and anxiety. Physical activity can help play a role in preventing mental health problems and improve the quality of life of those experiencing them. Strong evidence exists showing a 20-30% reduction in depression in adults who participate in physical activity daily Physical activity is available to all, has few costs attached, and is an empowering approach that can support self-management.

There is clear evidence that physical activity reduces the risk of cognitive decline in adults and older adults with a 20–30% risk reduction in developing dementia for adults participating in daily physical activity.

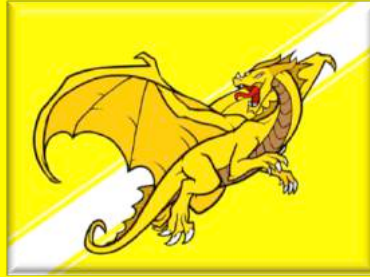
Physical activity can increase self-esteem and reduce depression and anxiety in children. We also know that physical activity performed in an outdoor space can improve cognitive performance, self-esteem and reduce anxiety and symptoms related to attention deficit disorder. Reference: A Faculty of Sport and Exercise Medicine UK Joint Position Statement with the Sports and Exercise Psychiatry Special Interest Group of the Royal College of Psychiatrists



# Sport House Points

**Total: 2389**

Merit Points for  
the week: 30



**Total: 3061**

Merit Points for  
the week: 32



**Total: 1973**

Merit Points for  
the week: 32



**Total: 2284**

Merit Points for  
the week: 18

