



Newsletter

**NEWSLETTER 2020/21
TERM 2, WEEK 11**

PRIMARY

The Star of the Week Award goes to Maryam Hira Yasir from year 1 Respect. A reliable student, Maryam Hira listens to directions and follows them with care at all times. She continues to develop and grow in all academic areas. Maryam Hira's spirited participation in class activities this term is evidence of her growing confidence. She now volunteers to read aloud and is willing to share her thoughts confidently. Mariam Hira's persistent attitude and general cheerfulness endear her to her peers and teachers alike. We all wish her a great learning journey ahead!!

STAR OF THE WEEK



Maryam Hira Yasir





SECONDARY

The Star of the Week Award goes to Joylyvia Ling Ai Ern from year 8 Respect. She scored A* in her English language paper. In the reading exam she demonstrated a thorough understanding of the text and in the creative writing question, she wrote a story with an intriguing plot and interesting range of vocabulary. In the English literature exam she also scored A*. Her analysis of the novel was on a deep level with perceptive and thoughtful comments. In GC Joylyvia lives up to her name and always injects positivity into every lesson. Recently she impressed with her outstanding performance in the term exam. We all wish her a great learning journey ahead!

STAR OF THE WEEK



Joylyvia Ling Ai Ern



Dear Parents / Guardians;

The internal assessments are over and the teachers are busy analysing the results and identifying the focus area for improvements for each student. It is important for us to work on the concern areas in order to ensure the students are able to progress steadily to next term's learning journey. I will be working with the teachers on strategies to close the gaps if there are any. We need your assistance to ensure your child completes any additional work that will be given to them as part of the strategies taken in closing the gap.

Thank you to those parents who had joined us for the Coffee Morning sessions. We believe our role as educators is to build the right character by providing guidance and nurturing the next generation to establish the skills to achieve respect, prosperity and fulfilment. We are passionate about students being empowered to succeed. As a team, we use all tools available to inspire staff, students and our community to work together to promote student's achievements and well-being.

Kindly be informed, we will be doing spot checks on secondary students' MacBook devices on a regular basis. We want every student to leave our school with the values of respect, cooperation, persistence and striving for excellence in underpinning all that they do. Our students develop responsibility for their own behaviour, the choices they make, and also a communal responsibility to assist their peers to do the same. Our students become strong in self-esteem, personal expectations, and develop a healthy and respectful tolerance for others.

We will be having a Secondary Coffee Morning on 24th March and hope to see many of you virtually. Kindly remind your child/ren to wear their Polo T-shirt on Fridays to school. Kindly take note that the use of Smart Watches are strictly prohibited in school at all times. We value your feedback. Please email us at principal.puchong@rafflesia.edu.my, if you have any queries or concerns. I hope you and your families remain safe and well.

Thank you.

Regards,

Ms.Chandra Veerappan





Nursery

Mathematics



Nursery students learn to recognise regular 2D shape words. In this activity, each student gets their turn to sort 2D shape words with the shapes that are stuck to the wall.



RECEPTION

We learnt about ordinal numbers! Ordinal numbers tell us the position of an object.

Mathematics





YEAR 1

In We Are What We Eat, we are learning about the vital role of food in sustaining human life, as well as its importance in history and culture throughout the world. As scientists and nutritionists, we are studying the different types and amounts of food our bodies need so that we can plan healthier diets and enjoy healthier lives.



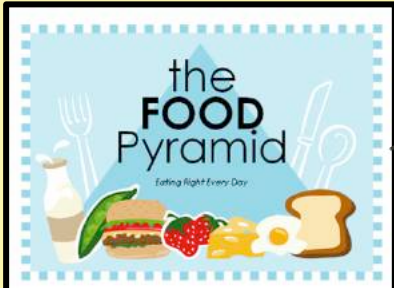
Name: Freya Date: 3-3-2021

Freya

Food Groups

1.07 I will be able to make predictions.

Go Foods	Glow Foods	Grow Foods
- give us energy to move	make our skin, eyes	help us to grow
Reflection: What is Go? make you move		Good! 3/3



Name: Farashah Date: 11-3-2021

Science Task 2(b)

Farashah

The Food Pyramid

1.28 I will be able to know the basic nutrient groups and example foods for each group.

Good!
4/3

Name: Variesh Date: 11-3-2021

Science Task 2(b)

Variesh

The Food Pyramid

1.28 I will be able to know the basic nutrient groups and example foods for each group.

Good!
4/3



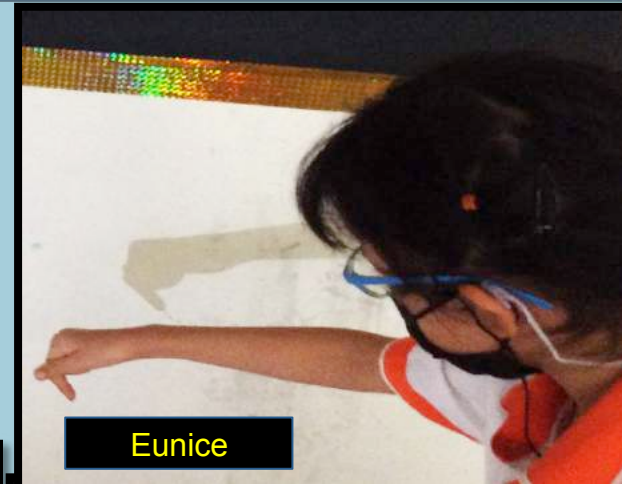


We Are What We Eat





In Seeing the Light, we are investigating the complex relationship between light and dark and how it affects the lives of people around the world. We are exploring what would happen if there were no light in our world. This week, the students had fun exploring shadows and doing quizzes.



Eunice



Tan Qi Yuan



Peggy

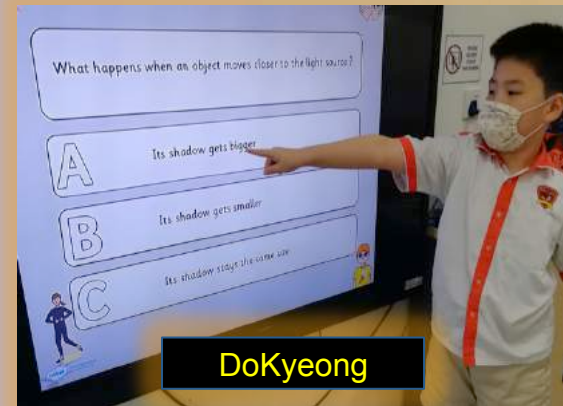


Wen Hong

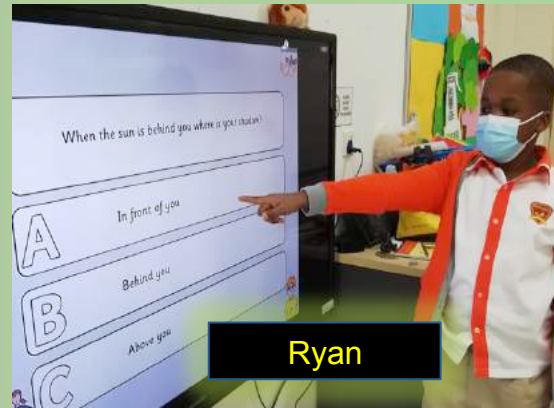




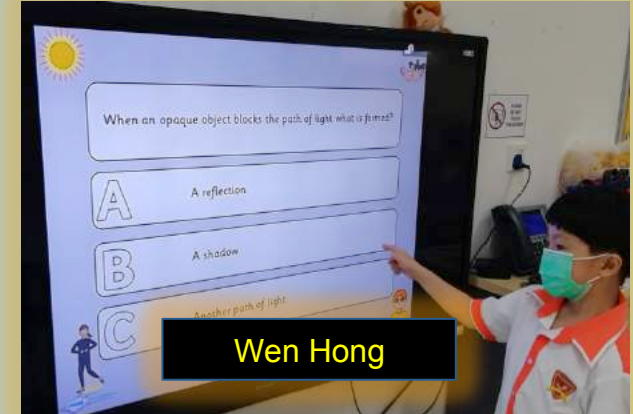
SEEING THE LIGHT



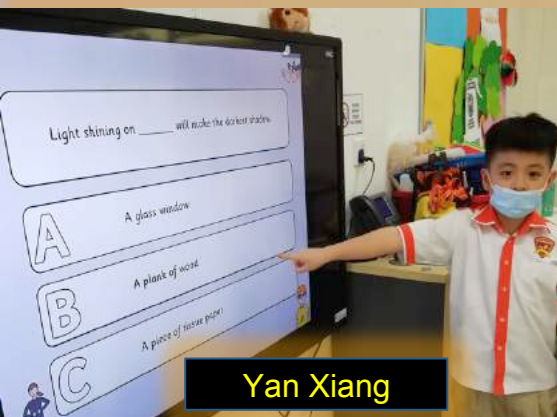
DoKyeong



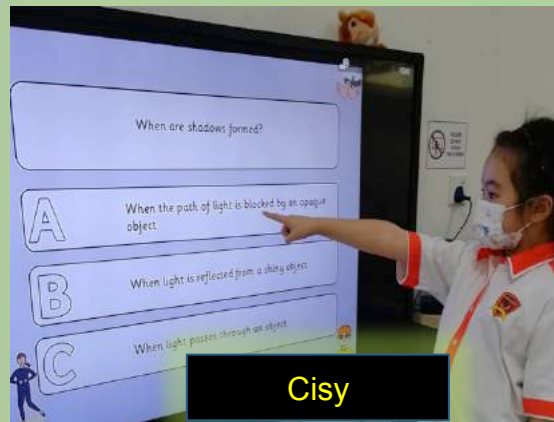
Ryan



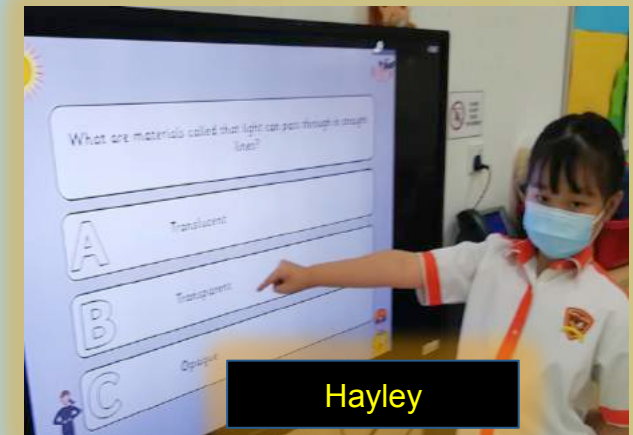
Wen Hong



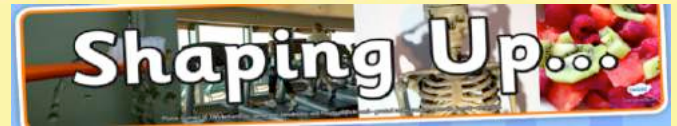
Yan Xiang



Cisy

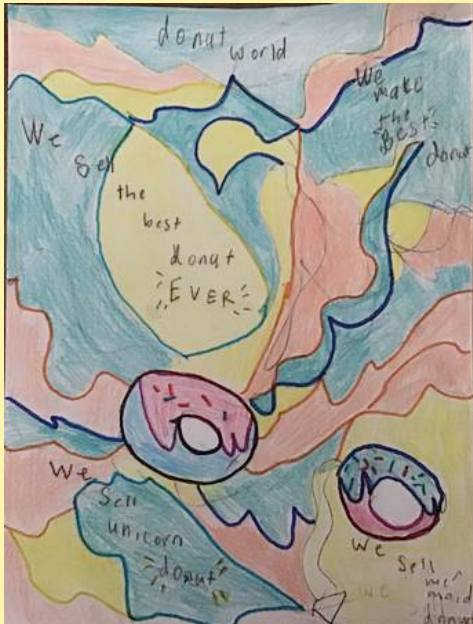


Hayley



Clyde

In Shaping Up, we discussed and investigated strategies that advertisers use to influence and manipulate consumers. Students created their own advertisements implementing the strategies that advertisers often use to 'trick' consumers. With this knowledge, students can be more conscientious and savvy consumers.



Shruthi



Vidya



Mansen



Meraam



YEAR 3: Art

Big Beautiful Animal Craft

Students used cardboard, glue, scissors, paints and staples. They could choose any animal they liked and they could decorate it with any pattern.



Meraam Faheem



Alvis Chan Tee Ung



Carrie Tan Hui Tian



YEAR 4: ART

Tribal Mask:

By using recycled materials, students made tribal masks with colorful designs.



Rudhra Senna Prasanth
a/l Vasanth Prasanth



Song Jaeha



Kyra Ngan ZiXi



Year 5: IPC -fit for life

Year 5 have been busy learning about the circulatory system this week. We covered the topic of different blood cells and their uses as well as the different blood vessels. Overall we focused on the importance of the heart and the main function of it and how it works in our body.



He, YuXuan



Megan Alesha Ong



Aghan Varan



Tan Qi Bing



Below are examples of work that the year six students have recently done in IPC.

- To research whether animals have feelings or not (Karina Ngan ZiYu).
- To research the six basic types of emotions that humans feel (Pang Ruo Qing).

Animals	Facial Expression	Vocal Expression	Body Language	Picture
Angry Human	<ul style="list-style-type: none"> - Squinting eyes - Gritting teeth 	<ul style="list-style-type: none"> - Screaming - Yelling - Shouting 	<ul style="list-style-type: none"> - Fist-clenching - Running - Stomping 	
Angry Cat	<ul style="list-style-type: none"> - Showing teeth - Angry eyes 	<ul style="list-style-type: none"> - Hissing - Low-growling 	<ul style="list-style-type: none"> - Scratching - Attacking - Running 	

Animals	Facial expression	Vocal Expression	Body Language	Picture
Sad Human	<ul style="list-style-type: none"> - Tears - Frown - Teary eyes 	<ul style="list-style-type: none"> - Wailing - Sobbing - Sniffing 	<ul style="list-style-type: none"> - Less movement 	
Sad Monkey	<ul style="list-style-type: none"> - Frown - Tiny eyes 	<ul style="list-style-type: none"> - sad chattering 	<ul style="list-style-type: none"> - Less movement 	

Karina Ngan ZiYu



The 6 Basic Human Emotions

Prepared by Ruo Qing

ANGER

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

HAPPINESS

Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness.

SADNESS

Sadness may be the overwhelming mood at a funeral, for example, or an elderly man might describe his life's greatest sadness as letting his childhood sweetheart get away.

DISGUST

Something **disgusting** is awful in a way that makes you want to throw up — it's really, really yucky. Pretty much anything horrible, terrible, or nasty can be called disgusting. If you hate to eat broccoll, you might say that is disgusting.

FEAR

People have **fear** for many things: bugs, guns, heights, etc. Horror movies try to fill the audience with fear. Some fears make more sense than others. The fear of jumping out of planes makes a lot of sense, but the fear of public speaking isn't as logical: it won't kill you.

SURPRISE

A **surprise** can be an unexpected or astonishing event, such as an ambush or a really great grade on a test you didn't study for. Surprise can be a verb meaning to astonish or startle someone, a noun for the unexpected thing, or for the feeling produced by that surprise.

Anger



Happiness



Sadness



Disgust



Fear



Surprise



Pang Ruo Qing





YEAR 7: Malaysian History

History of Kedah

Kedah was a kingdom on the Malay Peninsula and an important early trade centre. Archaeological evidence found in Bujang Valley shows that a Hindu–Buddhist kingdom ruled ancient Kedah possibly as early as 110 A.D.

According to *Tarikh Salasilah Negeri Kedah*, written by Muhammad Hassan in 1928, in about 630 CE, Maharaja Derbar Raja of Gombroon in Persia was defeated in battle and escaped to Sri Lanka, and he was later blown off course by a storm to the shores of Kedah. The people of Kedah found him to be a intelligent person, and they made him the king of Kedah.



By Pearl, Ivan & Christiano



YEAR 7: Malaysian History



Tun Zainal Abidin's History

- Historical findings showed that Tun Zainal was installed as the Sultan of Terengganu in year 1708. This is proven by the discovery of Terengganu gold muscle coins bearing Sultan Zainal Abidin's name dated 11/20 Hijrah (corresponding with year 1708).
- The ascendance of Tun Zainal Abidin as the Sultan of Terengganu gave rise to a royal ruling family in Terengganu in the 18th century.

By Joshwin, Eason & Pen Nee



YEAR 8 ESL

Students presented an image/illustration of their Ideal Bedroom and described it in writing.

I want my room to become a gaming bedroom because I'm an eSports mobile gamer. I want my room to have colourful LED lights and a high-definition television. I also want my wall to have a poster with my eSports logo on it.



KHOO CHENG KEAT



I want my room to be white or cream in colour. I like minimalism. In my perfect room, I will have only a table, bed and wardrobe. There will be some pictures and mirror on the wall. Also, I want a big window or even better if there is a balcony attached to my room. There will be an accent on the armchair. I want it to be yellow. Also, there will be some plants in my room.

VALERIYA MAKAGONOVA

I want my room to be both classic and modern. I want to keep some plants and hang abstract paintings on the wall so that the room will look more lively. I will also include a nice cupboard or wardrobe for putting things away so that my room will be tidy.



ALOYSIUS TAN JEN XUN



Year 9 ICT

The Year 9 students tested their CSS knowledge by writing their codes on the whiteboard.fi to answer questions given.

Lakshman Nair

Hello there, Ms Ilham!
My codes:
color: #FF0000
border-color: #0000FF
Thank you!!! 🤖

Zhou Xuen

```
background-color: green
```

JingWen

```
/* JingWen */  
td { padding:10px;  
border-style:solid;  
border-color: blue;  
border-width:2px; }  
  
table { border-collapse:collapse;  
border-style:solid;  
border-color: blue;  
border-width:2px; }  
  
h1,h2,h3 { text-align:center; color: red;  
font-family: Arial, sans-serif}
```

Cui Shi

```
body {background-color: #FAF3F1}
```

Liew Cheng Jiun

```
td { padding:10px;  
border-style:solid;  
border-width:2px}  
  
table { border-collapse:collapse;  
border-style: solid;  
border-width:2px; border-color: blue}  
  
h1,h2,h3 { text-align:center;  
font-family: Arial, sans-serif; color: red}
```

Joylyvia

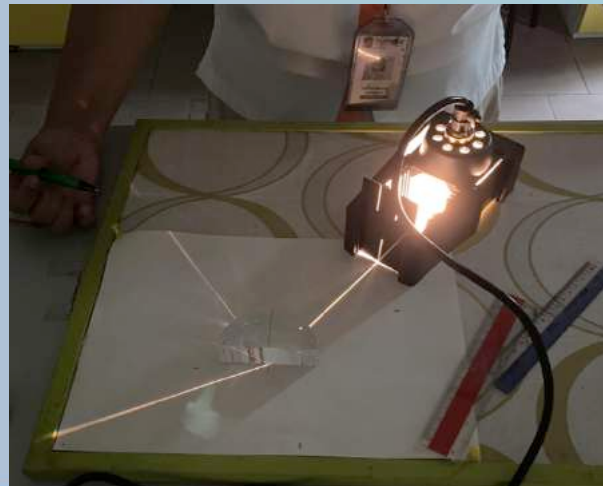
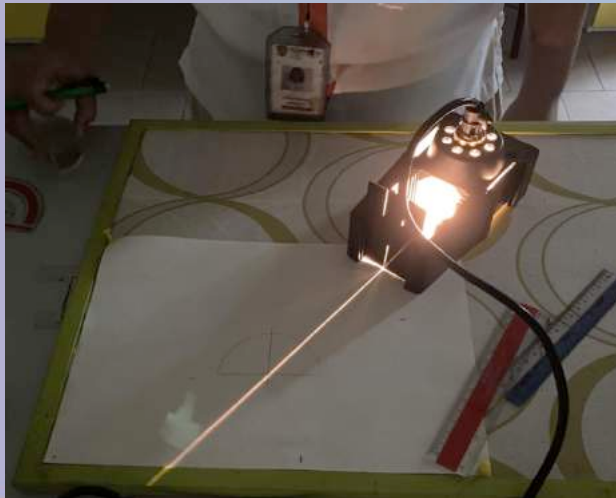
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background-color:yellow;
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YEAR 10: PHYSICS

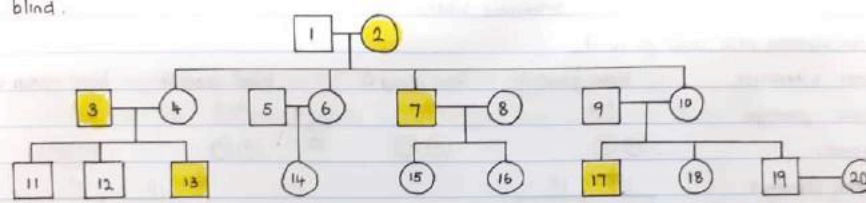
Seeing is believing. Light bending is the topic that is not so familiar to many pupils in physics. The students required practical sessions to learn about this topic. Measuring the refracted angle from a normal line is a skill required to be built in during practical sessions. Freezing the wavefront by stroboscope was another fun activities performed during the practical.



Year 11: Biology

Think about your immediate family and what traits you share with them. They can be physical traits such as red hair or green eyes. They can also be non-physical traits such as disliking the same foods or an affinity for a certain type of animal. Year 11 Biology students began to fill out a family tree in their notes that show some traits that they think have been passed down from their parents or what they think they got from them.

7) The diagram shows a pedigree chart for a family in which some of the members are red-green colour-blind.



□ normal male ■ colour-blind male ● colour-blind female ○ normal female

a) Explain how the pedigree supports the idea that red-green colour blindness is a sex-linked characteristic. From the pedigree chart, it can be seen that the offspring of normal male 1 and colour-blind female 2 which are colour-blind are male and their offspring that are colour-blind are also male.

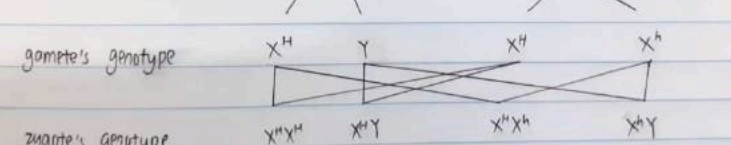
Haemophilia in males

- what happens if a male inherits one haemophilia allele?
 $X^h Y$ = male with haemophilia.
- if a man inherits one haemophilia allele, he will be affected by haemophilia.

parent's phenotype normal carrier

parent's genotype $X^H Y$ $X^H X^h$

gamete's genotype X^H Y X^H X^h



zygote's genotype $X^H X^H$ $X^H Y$ $X^H X^h$ $X^h Y$

zygote's phenotype normal female normal male carrier female haemophiliac male.

Parent Red White

Genotype RR rr

Gametes R R r r

F1 generation Rr Rr Rr Rr

• All flowers are pink because of incomplete dominance.

Parents Pink Pink

Genotype Rr Rr

Gametes R r R r

F2 generation RR Rr Rr rr

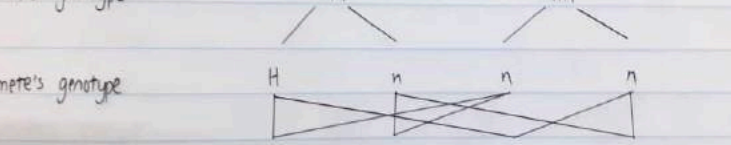
How is Huntington's disease inherited?

- caused by a dominant allele, so inheriting one allele from either parent will lead to this condition.

parent's phenotype sufferer normal

parent's genotype Hh hh

gamete's genotype H h h h



zygote's genotype Hh hh Hh hh

zygote's phenotype sufferer normal sufferer normal.

GYMNASTICS CCA





Four Fundamental Traits of A Successful Leader



Inspiring: Have a positive approach when it comes to dealing with a crisis. Remember to stay calm under pressure and inspire the team to go beyond its limits.

Delegation: Delegation helps maximise the productivity of the team. It also makes team members feel valued as you are exhibiting confidence in their abilities and skills.

Communication skills: Effective communication is vital for every successful leader. Having clear communication throughout the team ensures an understanding of the group's objectives.

Synergise: A good leader combines the strengths of the team through positive teamwork. It helps the team strive to be more confident and achieve great success.



Back to physical meetings!



Confidence, responsibility and inspiration brimmed within us. WE ARE THE PREFECTS!

During this week, we, the prefect's board, had our first physical meeting in several months. In the meeting, we talked about the essence of being a prefect. A few of these fundamental traits include delegation, good communication skills, knowing how to synergise, and be very inspiring.



PASTORAL CARE ARTICLE

SOCIAL MEDIA AND MENTAL HEALTH



Isolation from the real world as a result of Social Media addiction causes anxiety and depression.

Human beings are social creatures. We need the companionship of others to thrive in life, and the strength of our connections has a huge impact on our mental health and happiness. Being socially connected to others can ease stress, anxiety, and depression, boost self-worth, provide comfort and joy, prevent loneliness, and even add years to your life. On the flip side, lacking strong social connections can pose a serious risk to your mental and emotional health.



Internet addicts have 10-20% smaller brain areas responsible for speech, memory, motor control, emotion, sensory and other information

In today's world, many of us rely on social media platforms such as Facebook, Twitter, Snapchat, YouTube, and Instagram to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive. Ironically, for a technology that's designed to bring people closer together, spending too much time engaging with social media can actually make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression.

Source: <https://www.helpguide.org/>



"Facebook addiction" is searched 350x more than "cigarette addiction"



Only 41% of students get 8 or more hours of sleep



of teens have posted mean information, embarrassing photos, or spread rumors about someone



of teens have had private or embarrassing info made public without their consent



Sport House Points

Total: 3131

Merit Points for
the week: 39



Total: 4182

Merit Points for
the week: 67



Total: 2559

Merit Points for
the week: 45



Total: 3023

Merit Points for
the week: 44

