



**Rafflesia**  
INTERNATIONAL & PRIVATE SCHOOLS

Sekolah Menengah Rafflesia Puchong

**Newsletter** 2021

**TRADITIONAL VALUES  
GLOBAL VISION**

*SMRP NEWSLETTER 12*

**WEEK 28 & 29**

**2nd August 2021**

-

**13th August 2021**



[www.ris.edu.my](http://www.ris.edu.my)



[rafflesiainternationalschools](https://www.facebook.com/rafflesiainternationalschools)



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# Star OF THE WEEK



*Haziq has been chosen as the star of the week. He has shown a positive attitude towards learning throughout the online lessons. Besides, he can be counted on to be one of the first students to begin working on the task that is given. When it comes to group discussions, he always treats other students with fairness and understanding and handles disagreements with peers appropriately.*



**Haziq Bin Mohd Hatta Akbar**





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# Principal's Message

**TRADITIONAL VALUES  
GLOBAL VISION**

Dear Parents / Guardians,

We are already into the 3rd Quarter of the Academic Year of 2021. Online Learning is still in place and our teachers are using innovative tools to provide educational continuity until the official announcement by MOE for the reopening of schools.

Our goal is to make sure our students are connected emotionally with the learning content and relate to it as much as possible. Once again, thank you for your cooperation and understanding to make the stay-home learning time an exciting and enriching experience!

The SMRP Internal Assessment PBD 2 2021 will be held from 23 - 27 August 2021 for Form 1 - 3.

### **SMRP Activities:-**

- Virtual Talk - Adapt and cope with the challenges in an Online Learning Environment
- English Language - Ways To Maintain Healthy Lifestyle  
- Ways To Prevent Cyber Bullying
- Pendidikan Moral - Sekolah Impian Saya
- Geografi - Laporan Taburan Penduduk Puchong  
- Pembentangan Hutan Konifer
- Bahasa Melayu - Penulisan Fiksyen Sains
- Sejarah - Pembentangan Dalam Talian
- Mathematics - Lines and Angles

### **Quotable Quote:-**

The greatest lesson I have learned is that I still have a lot to learn.

Thank you for your unwavering support and cooperation.

Allen Yong Kuan Hon  
Principal



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# VIRTUAL TALK

**TRADITIONAL VALUES  
GLOBAL VISION**

**Form 1 - Form 3 students**

J Jia Yie Lian is presenting

**Adapt and cope  
with the  
challenges in  
an online  
learning  
environment**

Rafflesia High School

Elina See Shi Yin	Prakash Ravin...	Rafflesia Raja Razarudd...
Jia Yie Lian	Law Hui Tong	aishwarya siva...
Rianne Chiew	Clement Lim R...	Wong Xiang Yi
Foo Yi Siang	18 others	You

2:29 PM | Virtual Talk : Adapt and cope with the challen...





J Jia Yie Lian is presenting

3:14pm 54:14

**Mental Self-Care**  
TAKING CARE OF YOUR MIND

- 01** Set a routine. Schedule time for online classes as well as time for other things outside of classes.
- 02** Take breaks during the day. Take the time to go offline and do other things not related to classes.
- 03** Practice mindfulness and take time for mentally-relaxing activities as well as activities that stimulate your creativity.

Why do we need to practice self-care?  
Areas of Self-Care  
Mental Self-Care

**How to support your children during the pandemic**

Prepared by Kelly Wong

- 01 Parents self-care**  
Your child may seem like a priority but it is also important to remember to practice self-care. *Only when you are well, then your children will be too.*
- 02 Maintain social connections**  
Keep in touch with loved ones online (games, video calls, etc.) and encourage your child to do the same with their family and friends.
- 03 Acknowledge their feelings**  
Show understanding and empathy of how they may feel and ensure that they feel heard.

**Physical Self-Care**

- Get enough sleep**  
Keep a bedtime schedule to give your body the rest it needs to recover.
- Eat well and eat healthy**  
Nourish your body with healthy food and keep yourself hydrated.
- Exercise regularly**  
Set aside at least 30 minutes a day to workout or to simply move your body.

**Form 1 - Form 3 students**



## Step 2: Eat balanced diet

- Add more fruits and vegetable
- Avoid eating junk food



## Get enough sleep

- Teens need about 9 hours of sleep a night.
- Cause high blood pressure, diabetes, heart attack, heart failure or stroke.



## Exercise regularly

- At least 3 times a week
- Healthy - physically & mentally
- Improves our memory
- Improves our quality of sleep

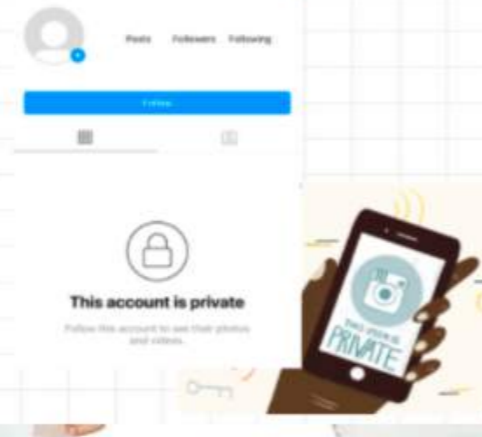


Virtual presentation entitled 'Ways to Maintain Healthy Lifestyle' by Form 2 Wisdom students.



## 2. Make sure your accounts are private

- biggest benefit to protect yourself
- post will be hidden
- they will not see anything until you approve them



## 3. raise awareness

- Be aware of your personal data
- try to avoid talking to unknown people
- tell someone if something goes wrong.



## 6. Don't to respond to Cyberbullying

- Don't argue or engage with the cyberbully



Virtual presentation entitled 'Ways to Prevent Cyberbullying' by Form 2 Wisdom students.



### Bahagian dalam sekolah

Taman dan Tempat rekreasi

#### Taman

- >kolam
- >kebun

#### Tempat rekreasi

- >membaca
- >permainan papan
- >sebelah canteen



## Sekolah Impian Saya



### SEKOLAH IMPIAN SAYA

Dewan



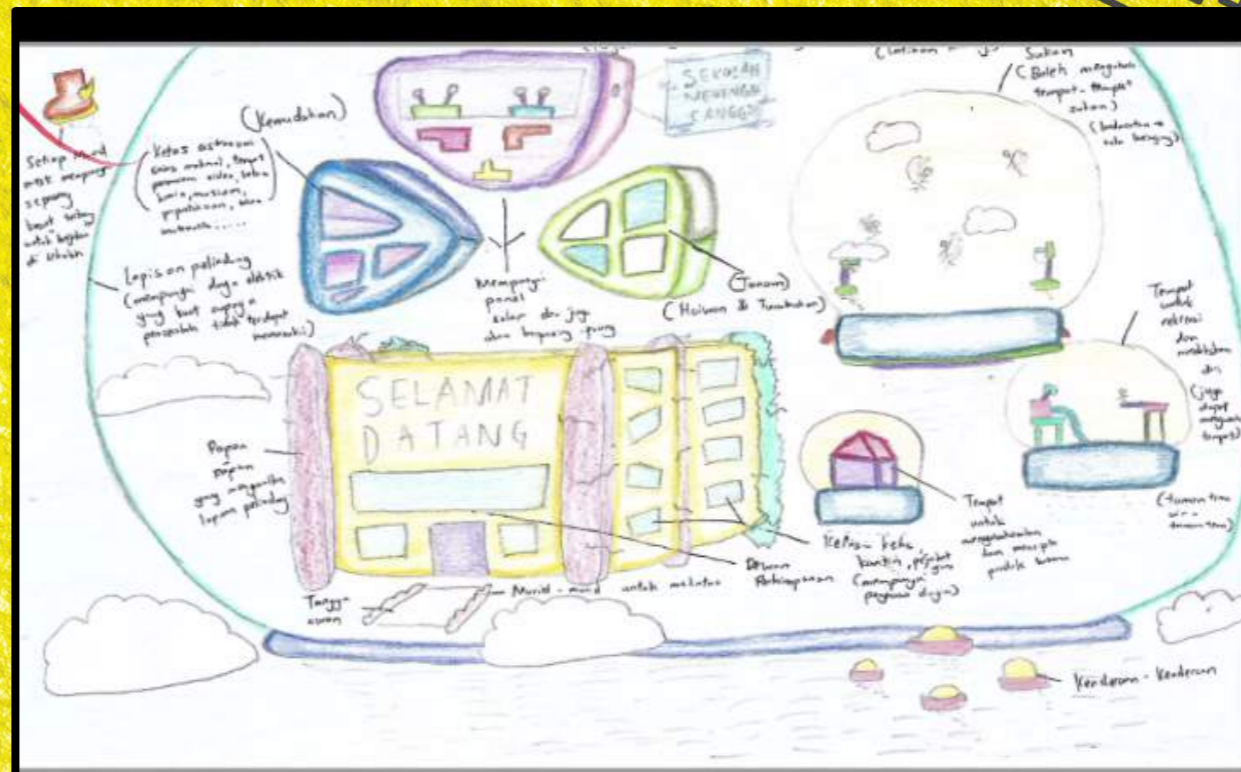
- Sekolah menengah
- Dewan
- Kelas-kelas

Kelas-kelas

01



### The Drawing Of My Dream School







Sharvin Raaj Padmanathan is presenting



**Faktor- faktor yang mempengaruhi taburan penduduk di Puchong**

By : Sharvin Raaj

Sharvin Raaj Padm...

Janice Chan Xi Ru

Wong Xiang Yi



**Infrastruktur**

-Mempunyai kemudahan dan bekalan seperti...

Elektrik

Air

Telekomunikasi

Aiman Darwish bin Muhammad Ishamuddin is presenting

Perdana Putra - Pejabat Perdana Menteri Malaysia

Kompleks Kementerian Kewangan

Bangunan Sultan Abdul Samad

Istana Keadilan - Mahkamah Persekutuan dan Mahkamah Rayuan Malaysia

## Laporan Kajian Taburan Penduduk (Tingkatan 1R & 1W)



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Sekolah Menengah Rafflesia Puchong  
**BAHASA MELAYU TINGKATAN 1R**

**TRADITIONAL VALUES  
GLOBAL VISION**

Sayaidatina binti AB Majid is presenting

AND A MEMINATI BIDANG PENULISAN SAINS FIKSYEN. ANDA INGIN MENGHASILKAN SEBUAH CERPEN BERTEMAKAN PENGAMBARAN ANGKASA LEPAS UNTUK DISIARKAN DALAM MAJALAH BULANAN SEKOLAH.  
TULISKAN CERPEN ITU SELENGKAPNYA.

- ISI/TEMA: PENGEMBARAAN ANGKASA LEPAS
- KATA KUNCI: TULIS CERPEN
- KEHANDAK SOALAN: MENULIS CERPEN BERTEMAKAN PENGEMBARAAN ANGKASA LEPAS UNTUK DISIARKAN DALAM MAJALAH BULANAN SEKOLAH

11:38 AM | BM 1R



**Penulisan Fiksyen Sains**



**Bab 8 : Tumbuhan Semula Jadi  
Dan Hidupan Liar Di Dunia**



Geografi tingkatan 3



**Hutan Konifer**



**PEMBENTANGAN HUTAN KONIFER**



7. Tulisan dan Penyimpanan Rekod

- Sistem tulisan mula lahir kira-kira 5,000 tahun lalu.
- Penciptaan tulisan penting bagi membezakan kehidupan Zaman Prasejarah dan sejarah.

Bentuk piktograf dalam tulisan kuneiform yang digunakan semasa Tamadun Mesopotamia.


(Sumber: Farah dan Karl, *World History Human Experiences*, New York: Glencoe, 1999, hlm. 69)



Tulisan zaman Dinasti Shang

8. Agama dan kepercayaan

- Masyarakat tamadun awal mempercayai banyak tuhan.
- Antara tuhan yang disembah termasuklah tuhan bulan, matahari, ibu dan sungai.



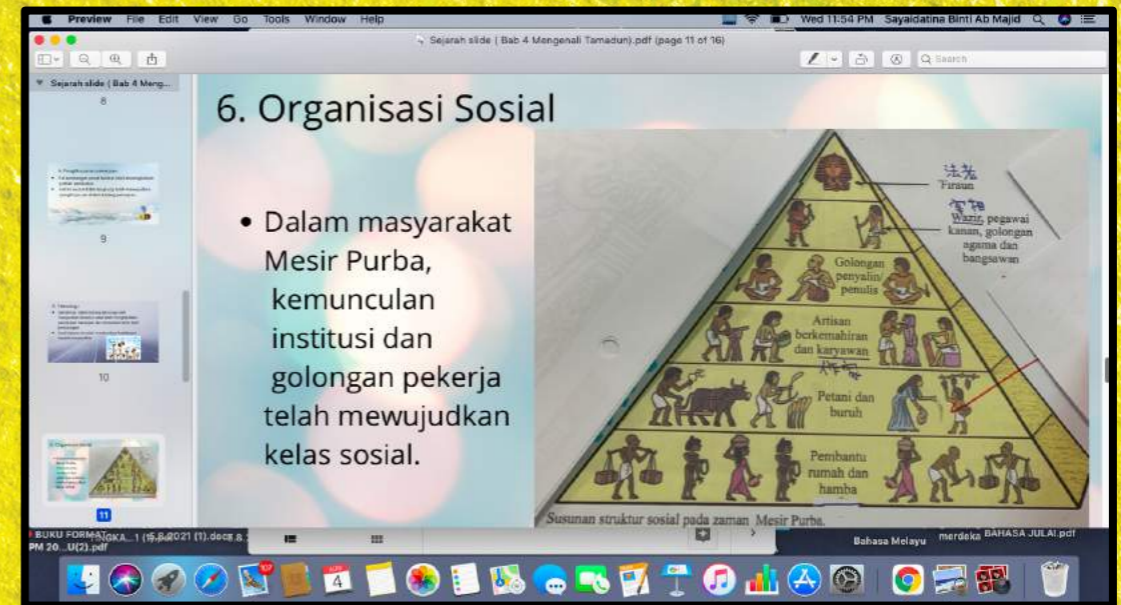
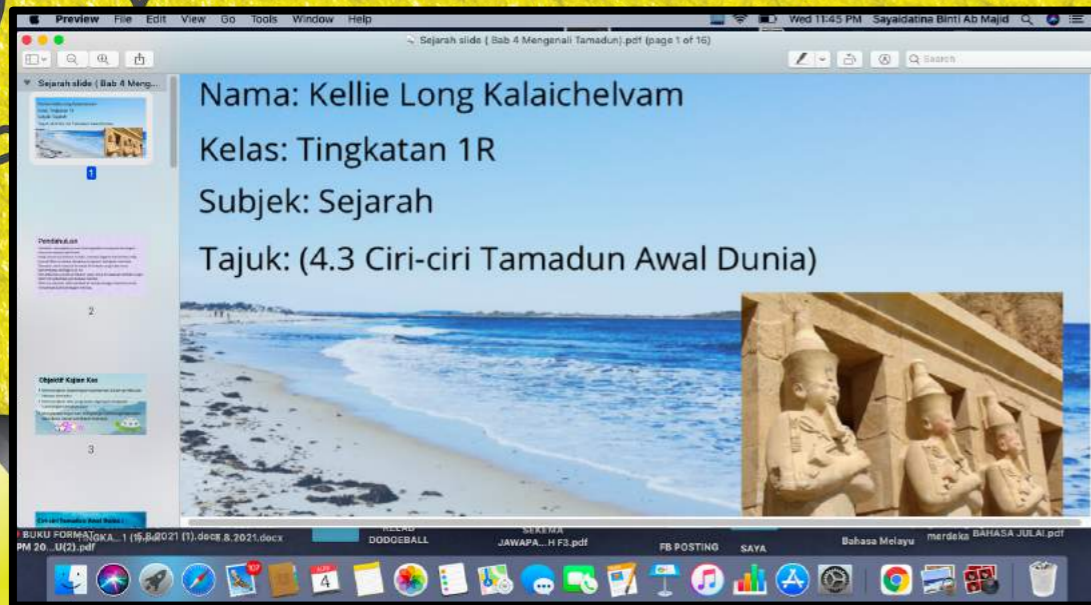
9. Kesenian dan Kesusasteraan

- Masyarakat pada zaman tamadun awal melahirkan hasil sastera dan seni bina yang mengagumkan.



Ciptaan ukiran pada gelas dengan kehalusan seni.

**Pembentangan dalam talian oleh Kellie, Tingkatan 1R**



**Pembentangan  
dalam talian oleh  
Kellie, Tingkatan 1R**



**Pembentangan  
dalam talian oleh  
Aiman, Tingkatan  
1R**

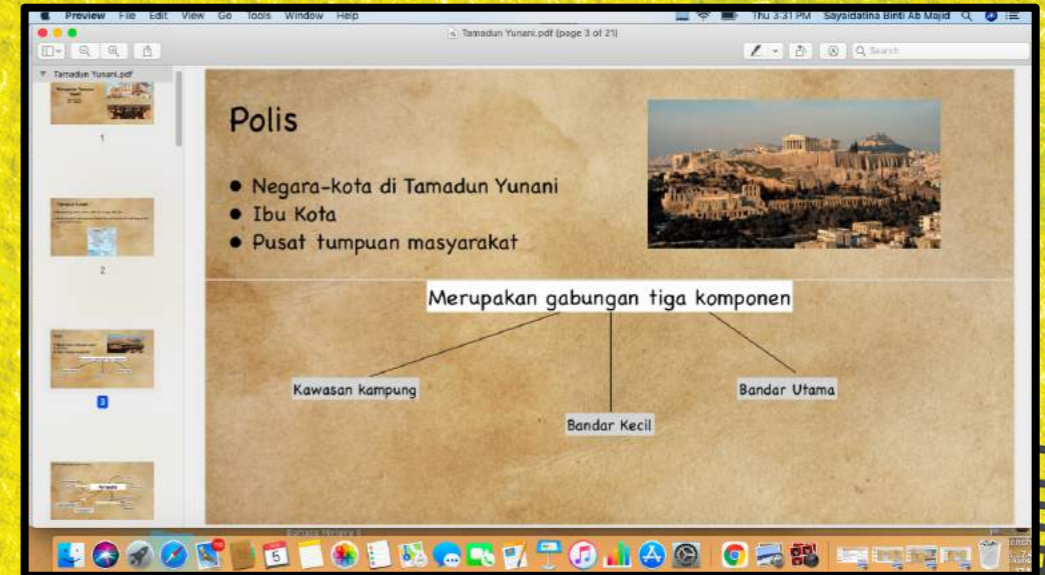
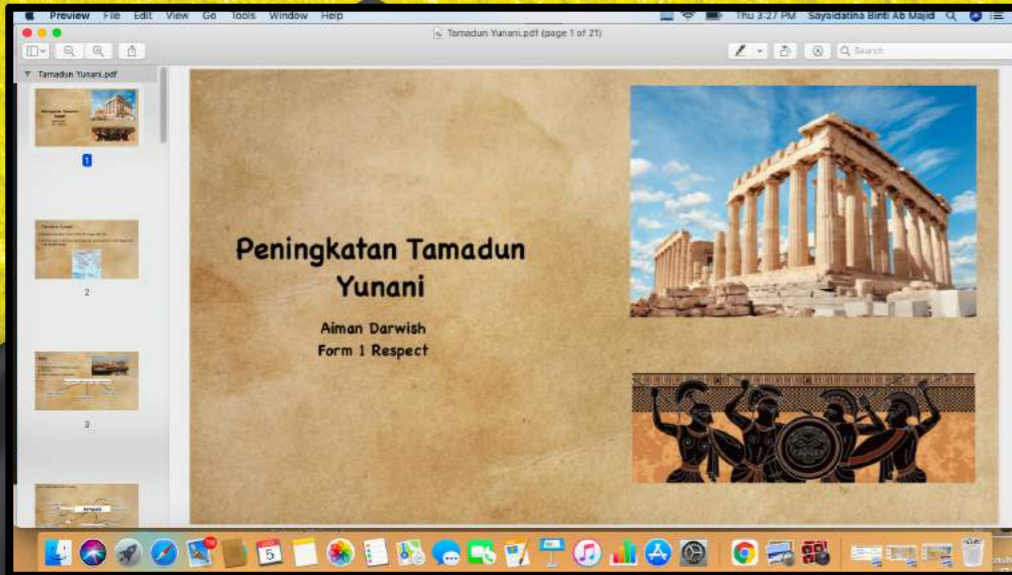
**Tamadun Yunani**

- Berkembang antara tahun 1,000 SM hingga 800 SM.
- Berkembang di semenanjung Greece dan pulau-pulau di Laut Aegean dan Laut Mediterranean.

**PETUNJUK**  
□ Tamadun Yunani  
• Negara Kota

**Perkembangan sistem demokrasi di Athens**

- Di Athens, perkembangan sistem pemerintahan berlaku bagi memantapkan aspek tersebut.
- Tindakan ini telah memperlihatkan kematangan politik penduduk Athens
- Penduduk Athens memilih sistem demokrasi sebagai sistem pemerintahan dan pentadbiran.



**Pembentangan dalam talian oleh Aiman, Tingkatan 1R**



Home Algebra Data Geometry Measure Numbers Physics Dictionary Games Puzzles

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Types of Angles

## Acute Angles

Different Angles have different names:

Type of Angle	Description
Acute Angle	is less than $90^\circ$
Right Angle	is $90^\circ$ exactly
Obtuse Angle	is greater than $90^\circ$ but less than $180^\circ$
Straight Angle	is $180^\circ$ exactly
Reflex Angle	is greater than $180^\circ$
Full Rotation	is $360^\circ$ exactly

Try it Yourself:

Reflex Angle  $320^\circ$

An Acute Angle is less than  $90^\circ$

meet.google.com/eak-wxjp-acb?authuser=0

Sharing www.mathsisfun.com to meet.google.com

You're presenting to everyone

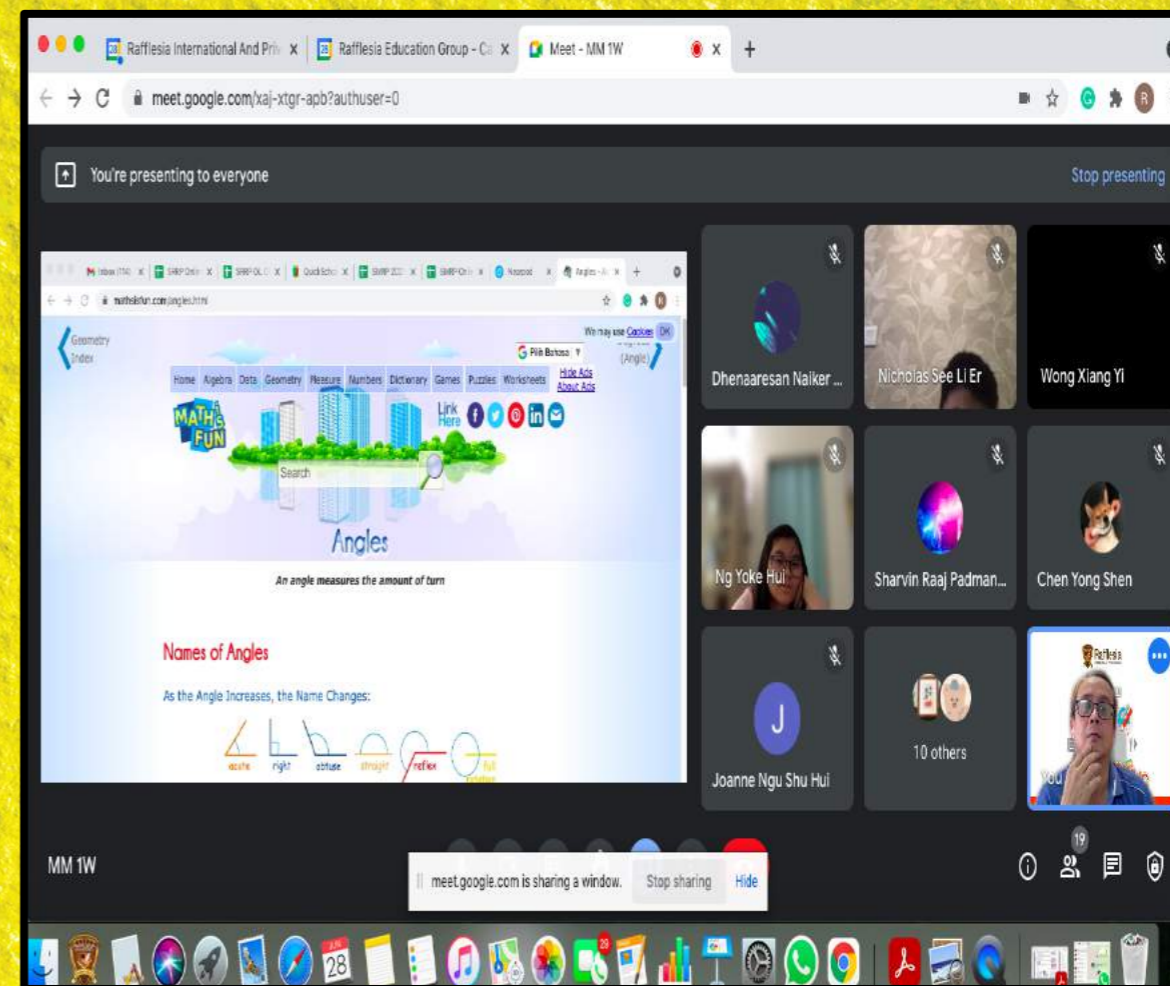
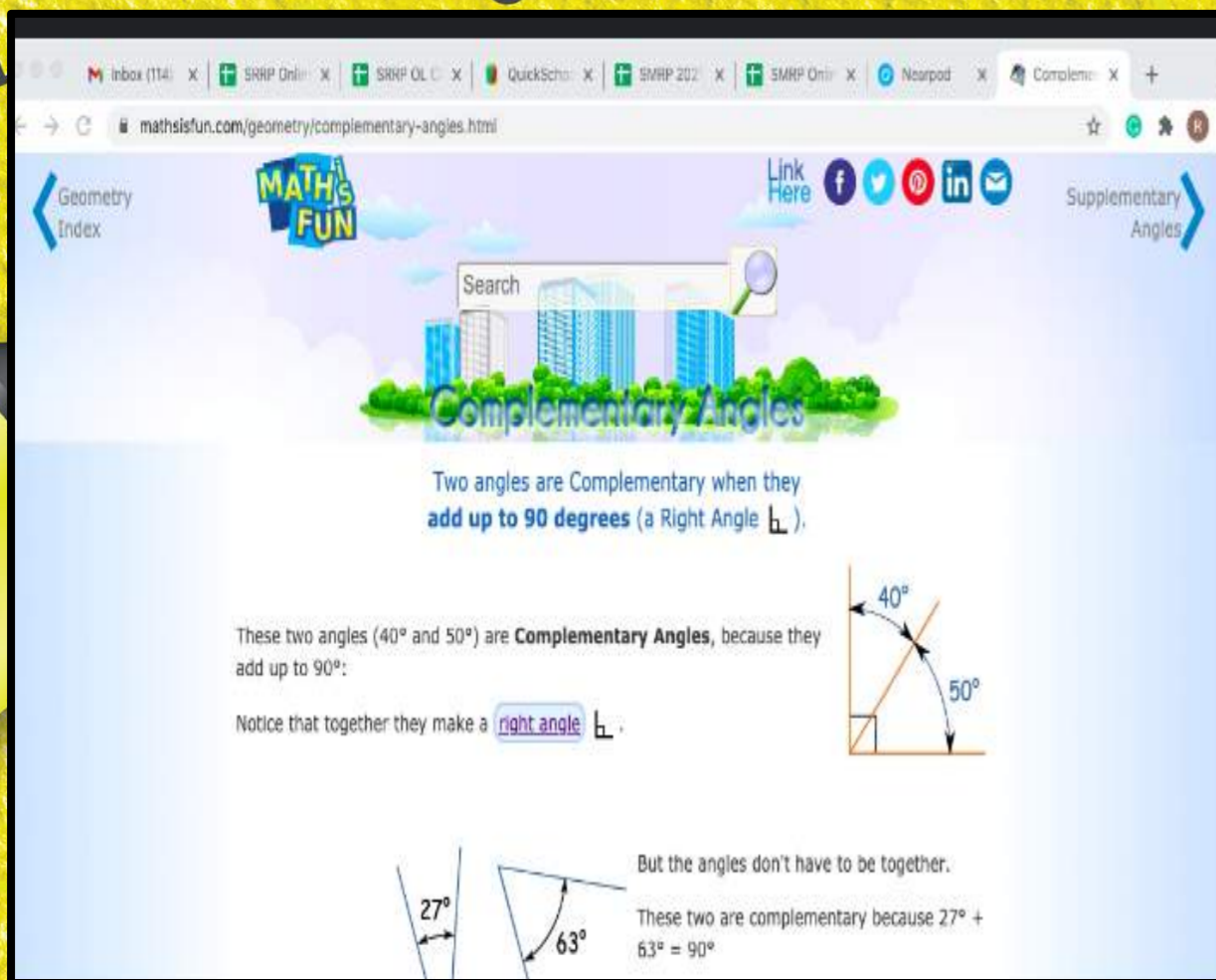
Presentation audio

Stop presenting

Participants: Ooi Tze lan, Kellie Long Kalai..., Fong Zhen Hao, Zachary Fung Tu..., Aliman Darwish..., Teon Ker Xin, Elijan Rosman Ch..., Azdeen bin Amin, Vinaash /L Selva..., Khavindra Vale A..., 8 others

**FORM 1R STUDENTS ENJOYED LEARNING THE TOPIC LINES AND ANGLES THROUGH MATHS IS FUN WEBSITE !**





**FORM 1W STUDENTS ENJOYED LEARNING THEIR TOPIC LINES AND ANGLES THROUGH MATHS IS FUN WEBSITE !**



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**ANNOUNCEMENT**

**TRADITIONAL VALUES  
GLOBAL VISION**

**SMRP INTERNAL ASSESSMENT  
(PBD2)**

*FORM 1 - FORM 3 (ONLINE TEST)*

**23rd AUGUST 2021 (MONDAY)**

**27th AUGUST 2021 (FRIDAY)**



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