



STAR OF THE WEEK

Min Zhun participates actively in class, encourages classmates and is always eager to learn more. He puts in lots of effort to complete all the homework and assignments to the best of his ability. His willingness to share ideas during lessons is a good example for others to follow. His leadership skills were most apparent during the recent E-Sports event where Min Zhun bore the role of President of the organising committee. He is also very humble and open-minded to criticism.



Ong Min Zhun
Form 4 Respect

Rafflesia Private Schools
Semester 2 Week 32 and 33



**Dear Parents and Guardians,
Greetings, from Rafflesia.**

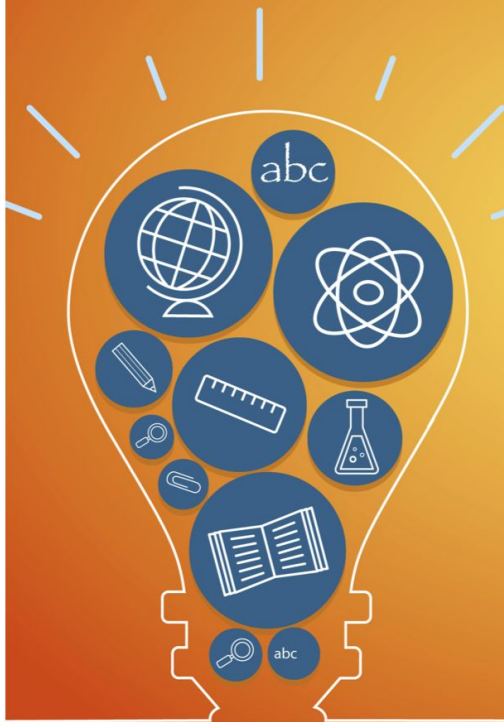
I hope everybody is staying safe at home or at work.

We are all aware that COVID-19 still lingers even after the government restrictions imposed have been loosened. Economic activity starts again after a long break. It is a privilege that we should not take for granted and therefore must ensure that we adhere to the SOP set. Obviously, we do not prefer that our students be homeschooled again. We hope for cooperation from parents as well as teachers and students to practice the new normalities as it is going to be part of our life a little longer than we anticipated. Certain rules (SOPs) may cause discomfort but we merely want to ensure safety for all.

It is the month of September so we will be celebrating Malaysia Day on 14th September, 2020. I feel very lucky to be Malaysian and I believe many of us feel the same way. Let us all celebrate Malaysia's birthday and pray for a peaceful Malaysia.

On behalf of Rafflesia, we wish you a happy Malaysia Day. Stay healthy and enjoy some quality time with your family.

**Madam Zainab Batin
Principal
Rafflesia Private Schools
Kajang**





RBT : Food Design

Form 2 students decorate the food of their choice and present them in a creative manner





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SCHOOL EVENTS AND ACTIVITIES

TRADITIONAL VALUES
GLOBAL VISION

RBT : Food Design





RBT : Fashion Design (Skirt)



Form 1 students design a skirt based on latest fashion trends.





RBT : Fashion Design (Skirt)

Form 1 students design a skirt
based on latest fashion trends.





RBT : Fashion Design (Bag)

Form 1 students design a bag based on latest fashion trends.





RBT : Fashion Design (Bag)

Form 1 students design a bag based on latest fashion trends.





Prefects Installation 20/21



Prefects Installation ceremony was held on Monday, 4 September 2020. The event commenced smoothly. The new Prefects Board 20/21 was led by the new Head Prefect, Maxwell Jared Daniel of Form 4 Respect, supported by Deputy Head Prefect, Lee Jian Teck of Form 2 Respect. Three new prefects were installed, Ummi Fasyihah Jihati, Jong Siao Chien and Loke Li Ting. Congratulations to the whole team of Prefects Board 20/21.



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**SCHOOL EVENTS AND
ACTIVITIES**

**TRADITIONAL VALUES
GLOBAL VISION**

Prefects Installation 20/21





MiMAS 2020 Competition: Malaysia International Mathematical Arithmetics for Schools



MiMAS (Malaysia International Mathematical Arithmetic for Schools) is a primary and secondary level mathematical arithmetic competition which consists of [Mathematics] and [Mental Arithmetic]. All the questions tested are in line with the Malaysian Mathematics syllabus that integrates higher order thinking skills. A total of 10 students from lower and upper secondary levels participated in the competition which was conducted on 25th August 2020.



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MIMAS 2020 Competition: Mathematics Category and Arithmetic Category





Science Activities : Form 2

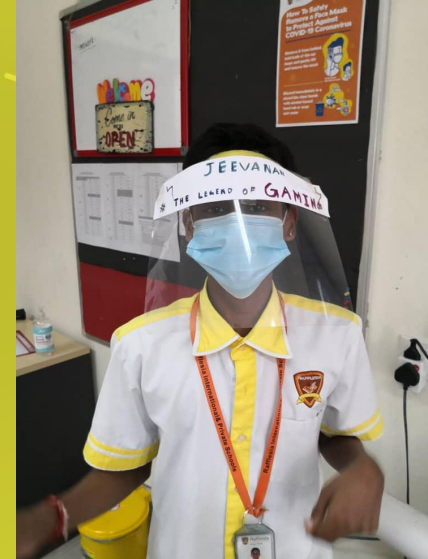
**Science Experiment on
Resistance Vs Current & Voltage**





STEM Activity : Form 2

2 0 2 0



**Covid-19 - Face
Shield**



Co Curricular Activities

TABLE TENNIS

Ministry of Education had recently allowed schools to resume co-curricular activities provided that a strict SOP is adhered to. This is effective on the 1st September, 2020. The school will resume outdoor CCA on Tuesday, 8th September 2020.





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Co Curricular Activities



ZUMBA DANCE

BADMINTON





10 Habits of Highly Effective Students

The key to becoming an effective student is learning how to study smarter, not harder. This becomes more and more true as you advance in your education. An hour or two of studying a day is usually sufficient to make it through high school with satisfactory grades, but when college arrives, there aren't enough hours in the day to get all your studying in if you don't know how to study smarter.

While some students are able to breeze through school with minimal effort, this is an exception. The vast majority of successful students achieve their success by developing and applying effective study habits. The following are the top 10 study habits employed by highly successful students. So, if you want to become a successful student, do not get discouraged; just work to develop each of the study habits below and you will see your grades improve, your knowledge triple, and your ability to assimilate new information improve.

by Becton Loveless

<https://www.educationcorner.com/habits-of-successful-students.html>



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Standard Operating Procedure COVID -19 Prevention Measures

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How To Safely Remove a Face Mask to Protect Against COVID-19 Coronavirus

Remove it from behind,
hold both of the ear
loops and gently lift
and remove the mask



do not touch
the front of mask

Discard immediately in a
closed bin; clean hands
with alcohol-based
hand rub or soap
and water





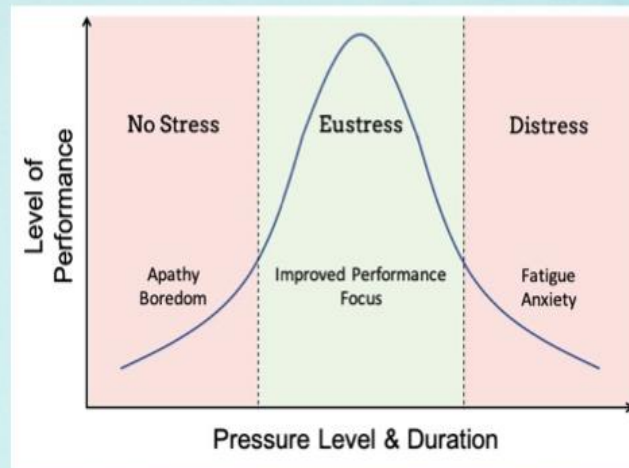
Stress in Students

**"Stress is not always
a bad thing"**

In daily life, we often use the term "stress" to describe negative situations. This leads many people to believe that all stress is bad, which is **not true**.

Stress can motivate us to change habits and move us closer to our goal / chosen dreams. If we don't feel stress at all, we would not be compelled to act in ways that bring conscious and meaningful change.

There are a few different types of stress we can experience, however essentially they fall in to two different categories - **eustress** and **distress**.



If you wish to recommend your child to the School Counselling Centre, please contact the School Counsellor at jiaying@rafflesia.edu.my



Stress in Students

Differences between Eustress (positive stress) and Distress (negative stress)



Eustress

- Motivates, focuses energy
- Is short-term
- Is perceived as within coping abilities
- Feels exciting
- Improves performance
- Examples: Performing in a play, participating in a competition, etc.

Remember...

Anyone who's ever felt nervous/excited about anything has experienced eustress. The key to holding onto it is learning to embrace that feeling.



Distress

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems.
- Examples: Being abused, divorce, etc.

Remember...

We may not have control over some of the negative stress we experience, but we can look for ways to include more eustress in our life.

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○ ***Important Reminders***

- **SPM Trial 2 - 1st - 14th October, 2020**
- **Merdeka and Malaysia Day Celebration - 14th September, 2020. Students are encouraged to wear their traditional costumes for the celebration.**
- **Students are reminded to come to school with proper hairstyle (short and neat) as stated in the Parents Handbook. Girls are expected to tie their hair and clip their fringes neatly to the back of their head if they want to keep their long hair. Boys must keep their hair short. Forehead must be free of hair or 1 inch above the eyebrow.**
- **Public Holiday 16th September, school will resume on Thursday, 17th September 2020.**

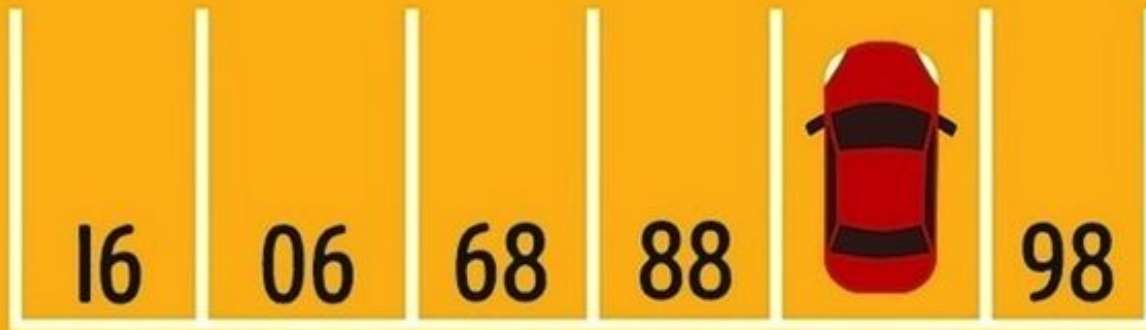


Reminder of essential personal items for students to bring to school

- **Identity Tag (to help speed up the process of providing meals)**
- **Face-mask**
- **Fork and spoon**
- **Wet-wipes**
- **Sanitiser**



What is the **number**
of the parking spot?





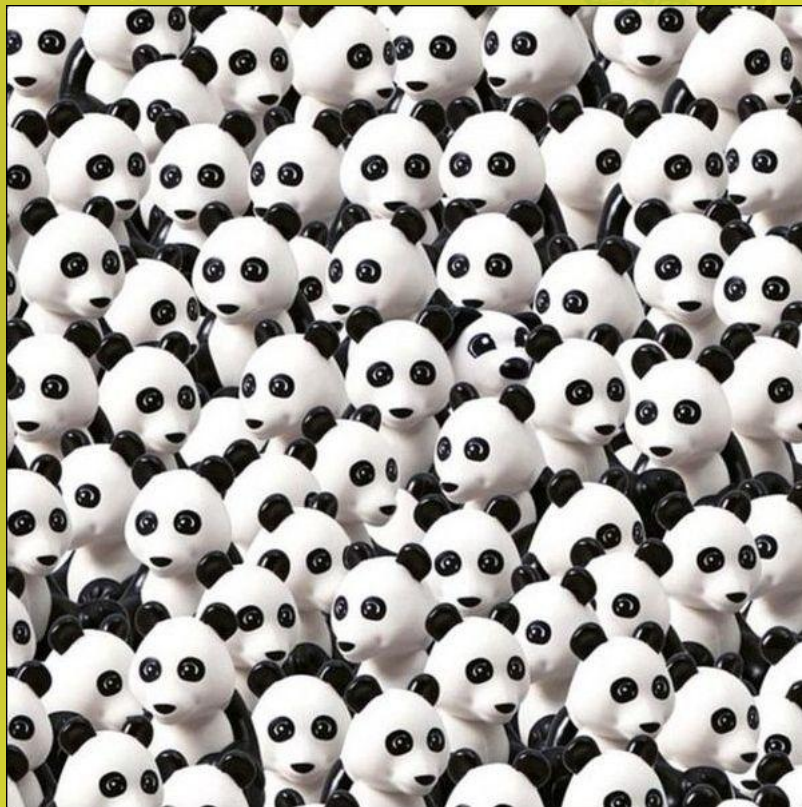
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Weekly Challenge “Brain Teaser 2 ”

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Where is the
dog?





Answer of Brain Teaser 1 and 2: Week 30 & 31

Brain Teaser 1:

The Answer is 5 Pages. Considering the 1st page starts on the right hand side, then page 2 is printed on the back of the first page. It means that any two consecutive odd-even numbered pages will fall on the same page while two consecutive even-odd pages will fall on two different consecutive pages. So considering this 5 pages of the book were torn by the boy.

Brain Teaser 2:

The Answer is 7
First equation gives Square=2
Second Equation gives Triangle = 3
Third Equation gives Circle = 1
Last equation is then $1+2 \times 3=7$



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Newsletter 2020

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**YOU HAVE TO BE
AT YOUR STRONGEST
WHEN YOU'RE FEELING
AT YOUR WEAKEST.**

MOTIVATIONPING.COM

