

# SJIIM Weekly Update

## 26 February 2020



### Lasallian Reflection

**Justice**

Practicing justice is being fair. It is solving problems so everyone wins. You don't prejudge. You see people as individuals. You don't accept it when someone acts like a bully, cheats or lies. Being a champion for justice takes courage. Sometimes when you stand for justice, you stand alone.

**You are practicing Justice when you...**

- Treat everyone fairly
- Think for yourself and refuse to prejudge
- Avoid gossip and backbiting
- Own your mistakes and fix them
- Protect people's rights, including your own
- Solve problems so everyone wins

**Affirmation**

*I act with justice. I stand up for the rights of others and myself. I have no need to pretend or defend. I choose to make amends.*

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### Catholic Corner

#### **Upcoming Masses**

Our next Mass will take place on **Wednesday, March 4th** in our school chapel, located on the sixth floor. Mass will begin at **12:30** and usually finishes at around 1 pm. Children in Year 1 and Year 2 must be accompanied by a parent.

#### **Hymn Practice**

We will practise the various hymns for our next Mass on Monday 24th at 2 pm in the ES music room, located on level 2. Parents are warmly invited to join us.

#### **Other dates to note in your calendar:**

- **Friday, March 20th- High School-** Stations of the Cross-12:20-1:00-for parents and students.
- **Thursday, March 26th- Elementary-** Easter Para-Liturgy service -08:15-09:00- for parents and students in the Black Box.

# Whole School Update



## **School Closure**

School will be closed from Thursday, February 27th to Monday March 2nd and reopening on Tuesday, March 3rd. Tuesday, March 3rd will be a Monday timetable for all students. However, Tuesday CCAs will proceed as normal.

We wish all our children & families a restful break.

## **Jane Walker visit to SJIIM- Parent talk**

Next Tuesday & Wednesday, Jane Walker of Upskills+ will visit SJIIM to launch our new service project. She will speak to students and staff on these days. In addition, there will be a talk for parents on Wednesday, March 3rd, 8.15-9.00am in the auditorium so that you can understand why SJIIM has decided to embrace this particular project. Do come along to hear Jane's inspiring story which aligns so closely with our Lasallian values.

## **Save the Date:**

Please mark your diary! We will be having the Term 2 Music Ensembles Concert on March 25 at 4.30pm in the Auditorium. Students in the following groups will perform:

Piccolo Singers

Cantabile Singers

Concert Band

String Ensemble

Chamber Strings

High School Choir

High School Concert Band

High School Orchestra

Students who are performing will need to wear their black performance uniforms (shirts available at the School Bookshop, long trousers/skirts). The concert will be for approximately one hour duration.

[20/21 Parent calendar \(Draft\)](#) - date subject to change

# Safe School Update

## This week: Be Kind Online



AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPOWERING PARENTS, CARERS AND TRUSTED ADULTS WITH THE INFORMATION THEY NEED TO HOLD AN INFORMED CONVERSATION ABOUT ONLINE SAFETY WITH THEIR CHILDREN. SHOULD THEY FEEL IT IS NEEDED. THIS GUIDE FOCUSES ON ONE PLATFORM OF MANY WHICH WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT [WWW.NATIONALONLINE SAFETY.COM](http://WWW.NATIONALONLINE SAFETY.COM) FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

### LITTLE REMINDERS OF HOW TO

# BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

### TOP TIPS FOR EVERYBODY

### #WAKEUPWEDNESDAY

#### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



#### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.



#### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



#### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



#### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



#### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



#### UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

#### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

# #BEKIND

# Elementary School Update



## **Mental Health Week**

Please see the parent clip which advises on how to talk with your child

[How you can help with your child's mental health](#)

Many thanks to Komal Chopra for delivering an array of beautiful meditation Sessions to support our children's understanding of the need for rest and relaxation of both and mind.



## **End of Term 2 CCA- Friday, March 13 2020**

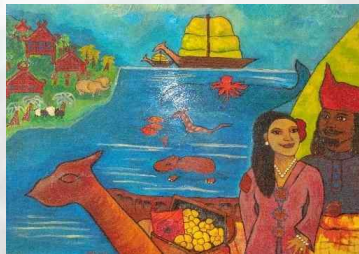
Sign-up for Term 3 CCA : 14 March -20 March

All CCA sign-up for Term 3 will be done through Schools buddy. Please come the ES Office if you have not activated your Schools buddy account. Thank you.

## **Art Month - Artist led Workshops: March 17th-25th**

We are excited that children who are particularly interested in art will have the opportunity to partake in a workshop with a professional artist and create their own piece of artwork during art month. Samples of some of the artists work can be seen below. Signup details are as follows:

- Parents may sign up for the workshop (specific to their child's year group) through Schools buddy. The system will open next Monday, March 2nd at 10.00am and close on Wednesday, March 4th at 5.00pm.
- Places are limited and will be allocated on a first come, first served basis. You will be informed if your child has/has not been allocated a place on Thursday, March 5th.
- Please note that there is a fee for participation in all workshops to cover the artists' fee and materials.
- Payment should only be made once your child has been allocated a place. Payment will be made by cash to your class teacher or the ES office by Tuesday, March 10th at 5.00pm after which unsecured places will be released to children on the waiting list.



*Abby Zain*



*Anna Karina Jardin*

## **Coffee Morning for new parents (new date) - Friday, March 6, 2020**

Time : 8:15am

Venue: Corporate Lounge, Level 6

## **Save the date- ES Parent Teacher Consultations**

Date: Tuesday March 17th & Wednesday March 18th, 3.00-5.30pm

Please note language teachers will also be available on Monday, March 16th.

You will receive an email on Tuesday, March 3rd with details.

## **Sports Day - rescheduled**

EYFS Sports Day - (Nursery & Reception) Friday, June 12

ES Sports Day- (Year 1-6) Saturday, June 13

# High School Update



## Shakespeare's A Midsummer Night's Dream - Thursday 5th March, Years 7-9

We are very excited to announce that students in Years 7-9 are being given the opportunity to attend a performance of Shakespeare's "A Midsummer Night's Dream" by well-known theatre group the KL Shakespeare Players. This performance will take place in the auditorium during the school day on Thursday 5th March. The cost to students is only RM20. Students should hand their money to Miss Pardo.

Please note that the performance will end at 3:30pm, and students can be collected from the school foyer at this time.



## 12 Hr Run

The fourth SJIIM 12 Hour Run is set to start from 7 p.m. this evening until 7 a.m. tomorrow morning, students and teachers will be running laps to raise funds for the Zomi Education Centre in KL. ZEC is a very worthwhile cause to which SJIIM has lent support ever since the inauguration of our school in 2016. Tonight we will have the largest yet 12 Hour Run in terms of participation, with 23 teams entered making a total of almost 140 runners. We are praying for good weather and hope that everyone will have a wonderful time.

## Year 11 and Year 13 Mock Examination Feedback Sessions

This event has been postponed until **Thursday 12th March**. Further details regarding the event and how to book appointments, will be sent closer to the event. The reports were issued on Thursday 6th February. If you have any specific questions before this feedback session, please contact the teachers directly via email.

## Year 9 and 11 Options Evening

The Year 9 IGCSE and Year 11 IB Options evening will take place on **Wednesday 4th March** at 5pm in the auditorium. This is an important event for all Yr 9 and 11 students and parents. The evening will start with presentations, followed by an opportunity to speak with subject teachers about the available options.

## Other information

Tuesday, **3rd March** (the first day back after half term) will follow a **Monday** time table. CCA's will remain as Tuesday.

## High School Sports Day

This event will take place on **Saturday 21st March**. Please note that this is a normal school day and all students are expected to attend. Parents are welcome to come along and support their House. Please wear your SJIIM ID to ensure entry to the stadium.

# High School Update



## IBDP Art Exhibition- 9th-13th Mar

Parents and students are cordially invited to attend the opening evening of the Year 13 IB Visual Arts Exhibition in the Drama Room on the 1st floor from 4.30 to 6pm. Following this opening evening, the exhibition will continue for students to visit until Friday, 13th March. It is an opportunity for the Visual Arts students in Year 13 to share their final pieces of work with the school community. This is also an important part of their assessment on the course, in which they design and execute not just the artwork, but the exhibition space as well. Refreshments will be served, and the student artists will be on hand to talk about their work.



## Poetry Slam

The poetry slam was a huge success on Friday, 21st February. Thank you to all of our brave participants and thank you for all of the help they received from teachers and friends in the lead up to the event. All students provided a huge amount of entertainment to the whole high school, using languages such as Mandarin, BM, English and Polish to explore the theme of connection. So much effort was put in so we are all very proud of the students who took part and showed exemplary courage.



# Useful Links



[ES Student Absence Form](#)  
[HS Student Absence Form](#)



[HS Parent Calendar 2019/20](#)  
[ES Parent calendar 2019/20](#)



[HS Staff Email 2019/20](#)  
[ES Staff Email 2019/20](#)



[March menu](#)  
[February menu](#)  
[Term 2 meal charges](#)



[Update from University & Career Counselor](#)



[PSG update](#)



[Music Website](#)



[Sports Website](#)



[Epurple \(Top up credit\)](#)  
[Tapestry \(For ES\)](#)  
[Parent portal \(For ES\)](#)



[CCA \(Schoolsbuddy\)](#)