

# SJIIM Weekly Update

## 4th June 2021



### Lasallians for life: Our alumni

As featured in the updated a few weeks ago, in the next academic year, our alumni will be providing more support and guidance to our current students as they start to consider their futures beyond SJIIM. A survey was sent to our students in Year 10, 11 and 12 asking them about courses they are interested in studying, where they are interested in studying and other areas of interest that our alumni may be able to support them. It's our aim to then connect our students with their alumni so that they can provide help and guidance. We're also planning to run a series of alumni led workshops and seminars tailored to the interests of our students.

We caught up with a few of our alumni to find out where they are and what they've been up to...

### Visagan Ravindran (Class of 2018) studying Theoretical Physics at Durham University (UK)

I'm currently a third-year undergraduate on a 4-year integrated Masters course in Theoretical Physics at the University of Durham. Already, one might wonder two things: I) Why (Theoretical) Physics and II) why Durham?

Throughout my time in Durham, I have learnt and explored a wide range of physical phenomena from big to small as I, in the words of the great Sheldon Cooper, attempt to develop a 'working understanding of everything in the universe'; from red supergiants to semiconductors to the most fundamental particles of nature. Throughout my degree, I have had the opportunity to carry out some exciting research projects. In my second year, as part of my astronomy research lab, I had investigated a misbehaving red supergiant, Betelgeuse, that had the entire astronomical community perplexed. Regrettably, although the star did not ultimately end its long life in a final fiery blaze of glory that would have made for a pretty light show, it was nevertheless a thrilling opportunity to participate in active research!

It is also perhaps a somewhat popular misconception that outside the lab, most physicists work by scribbling equations on a blackboard. However, this is far from the case. Throughout my degree, I have also bettered my programming skills by developing simulations and performing calculations that would otherwise be impossible by hand. This year, for instance, calculating the energy levels in a helium atom from scratch (in a sense, deriving the first few chapters of IB chemistry).

In addition, I also have had courses that lie outside the spectrum of traditional physics modules. In my second year, I took a module that delved into the philosophy, history and societal impact of physics and science, which culminated in a group project involving the creation of a website on nuclear physics and its applications to warfare. We investigated not only the theoretical and practical considerations in bomb design, the effects of a nuclear blast and even estimated the amount of uranium required to make a bomb (I'm fairly certain I'm not on any government watchlist) but also the ethics surrounding nuclear weapons. I also have had the opportunity to further continue my studies in the German language.



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This brings me to the second question: why Durham? Durham has developed a reputation as an Oxbridge reject hotspot and like every stereotype, there is an element of truth. First, it would be criminal to talk about Durham without mentioning the collegiate system. Although not academic like Oxbridge colleges, Durham colleges are still the centres of student life outside of the classroom, from sports teams to performing arts. It is through my college, Van Mildert, that I have made lasting friendships, in addition to the numerous clubs and societies. Indeed, Durham has a decent variety of clubs and societies that there is probably something for everyone, ranging from Astronomy and Dungeons and Dragons to even a Harry Potter society for Potterheads. The second thing is, of course, Durham city itself (really it's a town but it has a cathedral so has the city designation). People like myself who prefer smaller towns and prefer the "country air" will be drawn to university towns like Durham. In fact, I dare say that in order to experience England, one must not go to London. It's also one of the best places for fish and chips.

### Cadence Cheah (Class of 2018) studying Social Research and Public Policy at New York University Abu Dhabi

I'm currently a second-year Social Research and Public Policy student at New York University Abu Dhabi (NYUAD). Some of the interesting areas that my course allows me to delve into are forced migration and displacement in the MENA region, education, anthropology, global history, as well as the intersection between gender, religion and violence. I've been taking advantage of the liberal arts education to take classes in design and 2D art - which I'm absolutely loving! NYUAD also pays a great deal of attention to creating a "global education", so I've been able to take a class with a trip to Morocco where I interviewed people in the city to produce my own journalistic research, and I will be studying away in New York next semester. That being said, the most valuable piece of my education at NYUAD has been my interaction and the connection I shared with the diverse body of students here, and the prevalent conversations that we have on decolonizing our education.



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#### Lam Yee Jane (Class of 2018) studying Economics and Finance at Tsinghua University School of Economics and Management (SEM)

The Economics and Finance program at Tsinghua University offers a unique insight into the field through the bridging of the East and the West. Undergraduates are expected to master the knowledge of economics and financial theories, while gaining specific perspectives from case studies in China. As Tsinghua is renowned for its academic achievement, it is not a surprise that many of our core courses are technically rigorous and require solid mathematical foundation. That being said, little is it known that SEM is also one of the pioneers of a liberal arts curriculum in China. Amidst the busy schedule, I have also taken general courses like Western Philosophy, Chinese History, Physics and Computer Science that have helped me to be a better observer of the world.

Campus life in Tsinghua provides endless possibilities for you to get involved. Whether you are a sports player, animal-lover, mountain-hiker, or musical enthusiast, there is always a spot that belongs to you. Situated on the site of the former imperial gardens of the Qing Dynasty, Tsinghua is also a great place to explore. For any visitors, I'd definitely recommend a tour at the Tsinghua's art museum, a leisurely stroll along the lotus pond, or even dining in one of the 16 canteens in the campus!



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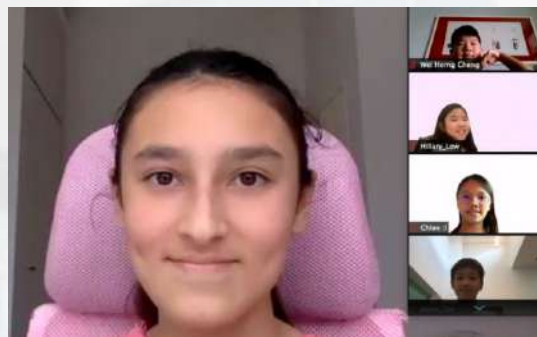
### Year 6 into Year 7 Transition

On Wednesday 9th June, Sarah Sousa, Head of Year 7, will host a transition meeting for parents. Information regarding how to join will be sent to Year 6 parents through class dojo.

*This week, some of our Year 7 students visited the Year 6 students to share their experience of making the transition to High School.*

This week, Year 7 students were given the chance to act as 'Transition Ambassadors'. Isabella Stacey-Swale, Himari Tai, Aurelia Lee, Anishka Nambiar, Shuen Chey, Vishal Kumaraguru and Kayden Chow, all volunteered their time to speak in front of our Year 6 classes and give first hand accounts about their transitions to High School in 2020. Each Year 7 Ambassador prepared a speech which told the Year 6 students about their experiences during transition, the initial worries and fears they had upon entering High School and their overall reflections on their first year of High School. Our Year 7 Ambassadors did an amazing job sharing their personal experiences and stories with the Year 6 classes.

When reminiscing about his transition experience, Kayden in 7M proclaimed, "The teachers are really nice and the gigantic load of work I envisioned didn't turn out to be real. The work is quite easy to handle and there are fun and interesting projects along the way". Anishka in 7Y wanted to let our current Year 6 students know that her "biggest fear [upon entering High School] were grades and tests. In year 6 we never had any proper hard tests like we do in year 7, but after a while I got used to it. Now that I look back at myself I think, what was I so worried about?"



Our Year 7 Ambassadors also did a wonderful job at providing some tips and tricks for our Year 6 students pertaining to High School transition. Vishal in 7K wanted to let the Year 6 classes know that "Homework was tough but just stay organised and you will be able to do it. If you find year 7 tough and hard to keep up, speak to your parents or a school teacher they will try their best to help you. Once you understand how year 7 works and how to maintain your homeworks and all, it will be a fun experience for you as there are many fun projects". Shuen in 7M told Year 6 students to "always approach teachers for help if you do not understand something. The HS teachers are really friendly and approachable and ready to chat." Finally Himaria in 7M ended her speech by telling the students that "Looking back now, I think it's nothing to worry about, actually it is the same as elementary except that there are different teachers for every subject."

We are extremely proud of our Y7 Ambassadors and the courage, time and effort it took for them to prepare their speeches and present them in front of an unknown audience. After the speeches were done, Vishal in 7K said "I think this has helped me boost my confidence to speak in front of people ". We were also extremely happy to see that one of our Year 7 volunteers was an EAL student within our school. This was surely an excellent opportunity for all of our volunteers to share their knowledge, practice their public speaking skills and increase their overall confidence. Great job Ambassadors!

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### 'Walk in their shoes' campaign - Featuring our teachers.

Thank you for the overwhelming support of our Founder's Day Orang Asli Campaign, we have exceeded our initial target of 200 pairs of shoes! Because of your generous donations, we can expand our reach beyond the three main villages in the Royal Belum State Park and adopt another four more villages! We hope to "outfoot" 500 children in at least seven villages with donations coming in before 18th June. 100% of your donations will go to this worthy cause, so please partner with us, and together we will see how far we can run. *God bless and stay safe, KitaKitar*

As always, our gratitude for all your help.

God Bless,  
The KitaKitar Team

### At SJII, Our Teachers Walk The Talk

Joining forces with the KitaKitar volunteer community for Founder's Day, SJII staff have been "sewing" what it means to be Lasallian through the virtues of Service and Community. All to support the worthy cause of buying shoes for Orang Asli children who live below the poverty line. Join us to ensure these children run barefoot only by choice! **SPONSOR A CHILD TODAY FOR JUST RM50 !**

**KITA KITAR**

Donations can be made to Tropicana SJII Education Management Sdn Bhd:  
OCBC Bank Malaysia Bhd, Account No: 7071281859  
Please quote in the payment instruction : "KitaKitar (Your Child's Name & Class)"

**ST JOSEPH'S INSTITUTION INTERNATIONAL SCHOOL MALAYSIA**

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### Catholic Corner

In the midst of this pandemic we can quickly forget the many blessings that we have in our lives. Now more than ever, we need to practise positivity and gratitude. A good friend reminded me this week that if we can start each day with 'Thank you,' then we are truly on the path to positivity and feeling gratitude. Today let us be reminded that even when faced with troubles, there are hidden blessings to be found.

Dear Lord,

I am extremely **grateful** for all of your blessings in my life. I **pray** that you remind me of just how blessed I am and that you never allow me to forget to show my **gratitude** in **prayer** and returned acts of kindness.

*If the only prayer you said  
was thank you, that would  
be enough.*

MEISTER ECKHART

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### PSG Update - Annual General Meeting

All parents are invited to join the PSG AGM on 10th June at 10am.

ST JOSEPH'S INSTITUTION INTERNATIONAL  
SCHOOL MALAYSIA  
"Enter to Learn, Leave to Serve"

**CALLING ALL PARENTS,  
JOIN US AT PARENT SUPPORT GROUP  
PSG ANNUAL MEETING 2021/2022**

**WE NEED YOU...**

We are calling like-minded parents to join us this coming PSG AGM, we would like all parents from across the years be a part of this community that SJIIM is passionate and excited about. Do Volunteer yourself!

We need your support and your ideas and most of all your heart!

Agenda for PSG AGM:

1. 2020/2021 Activities
2. PSG Financial accounts
3. Roles & Responsibilities of PSG
4. Election for Committees 2021/2022
5. Feedback & Questions

**10<sup>TH</sup> JUNE 2021, 10 AM**

Your presence at the meeting and your support in electing the new committee will be appreciated.

Kindly fill in the form below with the attached link to receive your AGM meeting code.  
<https://lnkd.in/g/SJIIM-PSG-AGM-2021>

We look forward to seeing you.  
Thank you!  
PSG Committee

### Parent-led Webinars

This week featured the 3rd parent-led webinar, 'Gratitude: a Path to Positivity.' Natalie Motha led the session, sharing her family's journey to finding gratitude, as well as some practical tips and strategies for involving our children. Thank you so much Natalie for your honesty and inspiration. It was well-received and for many, much needed!

*Brain Science Behind Gratitude*

It increases dopamine & serotonin in the brain, the neurotransmitters responsible for making us feel good. It helps to strengthen the neuropathways in our brain.  
Great way to improve mental health.  
Dr. Peggy DeLong, Gratitude Psychologist.

Gratitude

An attitude of gratitude leads our vision and lights our path. It opens us to the goodness in our lives. Our appreciation nurtures others. Gratitude is a magic for depression, keeping us mindful of how glad we are.

"Remember, there comes a time when you need to let go of things you once held dear, for if you do not, you will lose the things that are most dear to you. It is not a matter of when, but how you choose to let go."

Thanks, all times

### Update from the Bookshop

Please see the [SJIIM Book Order Guide](#) for a short, informative video and weblink about updates to the TEK Bookmark website, which allows you to order books and uniform items online with ease. In addition to this, the booklists for next year can now be found through the following links:

[ES Booklist 2021/22](#)

[HS Booklist 2021/2022](#)

# Elementary Weekly Update



## Tips for getting through Quarantine by Year 6 students

The Year 8 students recently made a video compilation sharing their challenges in lockdown, as well as their coping strategies. These videos were shared with our current Year 6 students, who were inspired to use Canva (a programme recently introduced by Mrs Prado) to create lockdown survival posters.



Sumaiea



Fayth



Yukki

## Art Competition Poster

### Links:

[Year 1/2 Art Competitions](#)

[Year 3/4 Art Competitions](#)

[Year 5/6 Art Competitions](#)

We are inviting our students to join us in this exciting end of year Art competition.

There shall be one winner from each of the three categories:

Year 1 & 2- Determination

Yr 3 & 4- Responsibility

Yr 5 & 6- Respect.

You can find out more information by clicking on the poster links. The three lucky winners will have their posters published in this year's electronic yearbook for everyone to admire!

(Deadline for entries: Monday 14th June)



# High School Weekly Update



## IB Graduation

Our Year 13 students were joined on Zoom in an online celebration of their graduation on Thursday by their parents, family members, teachers, members of our Board of Governors and several of our IB alumni. Although we could not celebrate this occasion together in person, it was wonderful to be able to mark this event together. Whilst waiting for the formal ceremony to start, we enjoyed a video with messages of good wishes and congratulations from teachers and alumni for the students. There were a number of inspiring speeches, including those from our Josephian of the Year, Ng Siew Zhang (Emily) and from Derrick Kwong, who was nominated by the Year 13 students to speak at their graduation. We also enjoyed speeches from two of our alumni, Mr. Joshua Soon and Mr. Justin Soon, who were both a part of our first batch of IB graduates in 2018, and who are now studying in medical schools in the UK (at the University of Newcastle and the University of Nottingham respectively). Mdm. Mak, Brother Paul Ho (the Chair of our Board of Governors), Mrs. Fitzgerald and Mr. Hollis also gave graduation addresses. Dhanya Dharmendran gave a beautiful piano performance of Arabesque No 1. by Debussy on behalf of the graduating class and guests. At the end of the formal event, we were able to enjoy fond memories of our Year 13 students due to a nostalgic video showcasing photos of them during their time at SJIIM. All in all it was a joyous occasion. As our IB graduates go on to their next steps, we wish them all the best, and we know that they will go on to make a difference in the world, just like they have for our school community in the past 2 years during their IB studies.

We thank Ms. Bee Ling and Ms. Syu for manning the Zoom waiting room behind the scenes and Mr. Ooi for his expertise, time and care in compiling the videos that helped to make the event really special.



## IGCSE Examinations

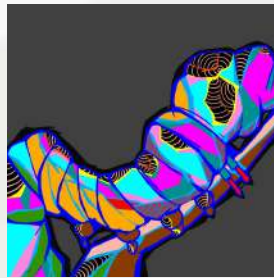
These examinations remain in progress and are scheduled to finish on Friday, 11 June.

# High School Weekly Update



## HS Art by Sheena Kelly

**Year 7:** As always I have been impressed with the resilience of year 7, unfortunately they were not able to continue with their printmaking project but we instead turned our attention to studying the graphic style of painter, illustrator, and street artist Dan Leo. Dan Leo creates colourful interpretations of wildlife. The students created their own animals inspired by the artist's bold style either digitally or by hand. Here is a small selection - please see the [2020/21 Art Padlet](#) for more student work. Seongmin Sohn 7k, Sakura Yamamoto 7M, Yoona Jeong 7K, Maanal Atiq 7Y, Sophie Riana Hashim 7Y, Yu Han Wong 7Y & Arvind Dinesh 7M



Congratulations to **Kayden Chow** whose Digital drawing was noticed and commented on by the Artist Dan Leo himself via Instagram. His exact words "Love it" .



# \*\* STRAVA RUNNING UPDATE \*\*

## Top 3 RUNNERS of this week, per house!

### Miguel

1. Rahim Yahya
2. Doreen Teo
3. Eva W

### Mutien

1. Brian Reid (English Teacher)
2. Ven Chellem
3. Jenshen Ng (Y9 Student)

### Benilde

1. Peter Richard (Science Teacher)
2. Joe Taylor (Humanities Teacher)
3. Hen Yuen Chuah (Y12 Student)

### Jaime

1. Darrell Tan (Y12 Student)
2. Jeff Hashim
3. Shir Ree Fong (Y8 Student)

Mutien

8455

Miguel

7792

Jaime

4963

Benilde

3961

## DOUBLE POINTS WEEK 1!

- ★ Well done on your running this week! Each house's miles have been doubled!!
- ★ MCO 3.0 - not the news we wanted, however, RUNNING is still allowed!
- ★ Make the effort to get out, be safe, and keep running!
- ★ It will help your body but most importantly your mind!

ONLY 3 weeks left!

# Useful Links



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



[HS Parent Calendar 2020/21](#)  
[ES Parent calendar 2020/21](#)



[Whole School Teaching Staff Email 2020/21](#)



[Term 3 AY 20/21 meal charges](#)  
[ES June 2021 Menu](#)  
[HS June 2021 Menu](#)



[Catholic Corner](#)



[PSG Update](#)



[Music Website](#)



[Sports Website](#)



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



University & Careers  
Counsellor (TBA)



[CCA \(Schoolsbuddy\)](#)



If you need support, please  
email [sjiim@tekgroup.my](mailto:sjiim@tekgroup.my)  
or call 0125537202

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