



SRI DESA TIMES

SRI DESA NEWSLETTER #13 **NOV 2020**

Building Mental Health Resilience

Our students' mental well-being is our priority. In recent months, we have been running a series of webinars, talks and sharing sessions to help students navigate through life and to encourage them to open up.

It is necessary to open up because keeping too much to ourselves is bad for health. Opening up to people who love and are concerned about us can help us gain a different perspective on our problems. This change of mentality helps us to see solutions that we may not have thought of otherwise.

Opening up can also help us feel less lonely. There is always someone else who is going through the same situation. If you notice a loved one behaving differently, do all you can to help them open up. Do more by observing their actions and find out what they are up to from time to time to make sure that they are not doing anything that could hurt themselves. Also, let them know that you are there for them - make them feel secure in your company.

Be a rainbow in someone else's cloud!

Laetitia Teh (Year 8)



Our 'Let's Open Up' session where students raise questions for our clinical psychologist, Ms Wan Kah Mun.

HIGHLIGHTS

- September 18: National Merdeka Art Competition
- October 5 : CCA (Art) Sunrise Painting
- October 7 : CCA (VOICE) 'Random Acts of Kindness' Video Competition
- October 10 : Kangaroo Math Competition
- October 14 : Science Revision Booklet
- October 16 : CCA (Masterchef) Delicious Mug Cakes
- October 19 : Mathematics Pythagorean Trees
- October 26 : Mental Health Webinar
- October 30 : Antimicrobial Resistance Talk
- November 20 : The Queen's Commonwealth Essay Competition



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More inside!

“Random Acts of Kindness” Video Competition



Being kind to others is important. We should do what we can for others. We might make someone else's day. It is also okay to be kind to those who are unkind to us.

Apart from understanding the essence of kindness, this activity taught me the importance of being cooperative. My classmates and I worked together to come up with the idea for our video. We had a few ideas so we voted for the best one.

We did what we could within the time given and winning the competition was a pleasant surprise!

Yap Hao Wen (Year 8)

The Queen's Commonwealth Essay Competition



This was a record-breaking year with one Gold Award Finalist, 2 Gold Awards, 2 Silver Awards, and 5 Bronze Awards! We speak with Zen, our Gold Award Finalist:

I was filled to the brim with euphoria and could not believe that my entry was actually good enough to be a Gold Award Finalist! I would like to thank our principal, Ms Saw, for encouraging me to join the competition and my sister, a former Gold Award recipient, for inspiring me. I also appreciate my mother's guidance. She suggested that I add the animal illustrations and fine-tune my work. This experience taught me that my visions of a sustainable future can be accomplished and a beautifully written poem can carry powerful messages!

Low Ken Zen (Year 8)

Kangaroo Math Competition

This year, we have two Bronze Award Winners along with 23 recipients with Honourable Mentions.



This is my third time joining the competition. The school and my teachers always encourage us to participate in competitions whenever opportunities arise. In the weeks leading up to the competition, Mr Jefferey would take time to focus on the past Kangaroo Mathematics papers and I began to notice a trend in the style of the questions, which helped a lot during the actual competition! So, thank you teacher!

Kelly Khor (Year 10)



My Mathematics teacher, Ms Samantha, was of great help to me. I consulted her when I needed clarification and she was quick to offer guidance. I was thrilled to hear that I won the Bronze Award and immediately informed my parents who congratulated me. Winning the award has certainly motivated me to do better in my studies.

Amanda Chiew (Year 7)

A Vibrant Student Life

CCA Feature (Art) Painting the Sunrise



In line with our philosophy of holistic development, we encourage our students to develop their creativity.

I like painting because it involves creativity but I was nervous at first, just thinking about what artwork I should create.

The slides our teacher provided guided us with the steps to paint the sunrise using oil pastels.

I found painting the sunrise fun and the process enjoyable. I am proud of my completed artwork!

Amos Goh (Year 7)

CCA Feature (Masterchef) Making Delicious Mug Cakes



In conjunction with World Food Day, our students made delicious mug cakes in school.

I was excited about making my own mug cake because I have always loved cooking. Now that I have learned how to make it, I can make another one at home. I had a good time making the mug cake and seeing how my friends' mug cakes look like. It was indeed a memorable experience!

Goh Kher Vin (Year 7)



Merdeka Art Competition

In conjunction with the nation's Independence Day, we encouraged our students to participate in a national art competition organized by the Department of Information under the Ministry of Communications and Multimedia, Malaysia. All students received a certificate of participation.

I like drawing and colouring, so I was up for the competition! I used crayons and colour pencils to create my painting. It was fun creating artwork in a classroom setting because we could motivate each other and discuss ideas with our friends. Participating in competitions like this is a good way to develop our interest in art.

Ashley Lai (Year 7)

Hands-On Learning: Pythagorean Trees



Making the Pythagorean tree helped us to better understand the Pythagorean theorem. The enjoyable process made remembering what we have learned easier!

Teng Khee Tuck (Year 8)

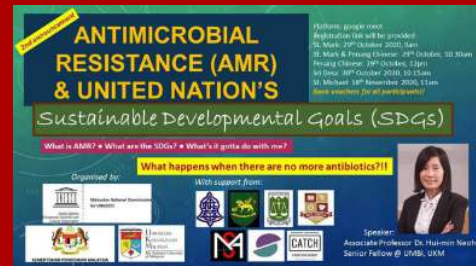
Subject Mastery: Science Revision Booklets



Our Science teacher prepared this revision booklet for us. Everyone had a copy, which they could fill with key ideas from our year's syllabus and even colour! I was grateful for that because the notes were really helpful. With the notes, I was able to understand the topics better than just reading the textbook. Thank you teacher for thinking about ways to make learning easy and engaging for us!

Wong Jia Yin (Year 8)

Antimicrobial Resistance Talk



Dr. Hui-min Neoh's talk was interesting because it was on a topic that we were not familiar with. I learnt that antibiotics can kill both the 'bad' and the 'good' bacteria, and the simplest way to prevent infection is to wash our hands with water and soap.

Tong Yun Tian (Year 7)



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