

CONNECT13

GREETINGS FROM NEXUS INTERNATIONAL SCHOOL, PUTRAJAYA

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NEXUS
INTERNATIONAL
— SCHOOL —

PUTRAJAYA

Whole School

Philippines Appeal

Congratulations everyone on raising RM15,117.10 (Updated 5PM 25/11/13). More than twice our target!!

Your generosity has been overwhelming.

I am sure that this money really will make a difference and go towards helping the lives of others less fortunate than ourselves.

Thank You

Parent Teacher Association

Dear Nexus Parents,

Please be informed that PTA will hold its first AGM on **Thursday, 12th December, 9:00 a.m @ Multipurpose Room.**

Meeting agenda as follows:

1. Approval for PTA Terms of Reference/ Constitution.
2. Discuss on events/activities that PTA have done so far re: any areas that we can improve and engage assistance from more parents.
3. Upcoming events/activities, to set dates for the academic year.

Please confirm your attendance by Tuesday, 10th December 2013 to premila.r@nexus.edu.my

Thank You



Primary

The Importance of Sleep

We have noticed that many of our learners seem to be suffering from a lack of sleep, which in turn is affecting their ability to concentrate and learn. We have also noticed that emails and homework assignments are often sent very late at night. Please talk with your child about the importance of having enough sleep and the difficulties that can occur when 'screen time' is taken late at night.

The recommendations from The Sleep Foundation www.sleepfoundation.org are summarized below:

For Early Years learners

- 11 to 13 hours – that means on school days, typically waking at 7am, learners should be in bed by 8pm at the latest.
- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV.

For Year 1 to Year 6 learners

- 10 to 11 hours – that means on school days, typically waking at 7am, learners should be in bed by 9pm at the latest (earlier for the younger learners)
- Teach school-aged children about Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Another useful website is from the BBC http://www.bbc.co.uk/schools/parents/sleep_matters/



News from Year 4

In Year 4 we have been looking at the Brain and all the things it needs to be healthy. The first thing we decided was that we need to find out what the benefits of sleep are to the brain and the body! We have found out so many interesting facts. First we thought of some questions we wanted to find the answer to about sleep and the brain. Here are some of our questions and answers:

Why do we need to sleep?

So our body will function properly.

What happens to your brain when you sleep?

Some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

How much sleep do we need?

Children need 10 or 11 hours of sleep each night.

What happens to us if we don't get enough sleep?

We will get cranky and if we don't have sleep for a long time we will die!

Some questions we still need to find the answer to are: Why do we dream? How much sleep do adults need?

Come and ask Year 4 about what we know about sleep!

Spotlight on IPC

This week we are talking to Thirah, Chee Qi Yan and Reyad from 4X

The learning goals Y4 are covering are

Science

To be able to plan a fair test

To Know that opaque materials make the darkest shadows

What is your current IPC theme?

Explorers and Adventurers

Why are you learning about that?

Reyad: So you know how to explore and find out things about the world.

Thirah: So we can develop our enquiry skills finding out about travel.

What are you learning about today?

Thirah: We are learning about light and shadows. We are learning what translucent, transparent and opaque means.

What skills are you learning?

Reyad: We are learning that to make a fair test you only change one thing you keep everything else the same. We only change the materials.

What personal goals have you been working on?

Chee Qi Yan: We are being rigorous and thinking carefully about our learning.

Reyad: We are using our cooperation skills because we have got to work together to make the different shadows.

Is it fun?

Reyad: It has been fun making the shadows because you can hold the paper and make the shadows move.

Chee Qi Yan: I have enjoyed investigating using torches and finding out about what transparent, translucent and opaque materials.



Morning Schedules

Please be aware that learners from **Nursery, Reception and Year 1** should wait in the cafeteria if they are at school early until the duty teacher opens the EY play area at about 8.15am. School starts for learners at 8.45am although we encourage all learners to arrive at school between 8.15am and 8.30am for morning exercises.

Computer Use Before/After School

In order to promote **healthy living and exercise**, we ask that primary learners do not use computers on the school premises before school, at break or lunch or after school. This also applies to learners waiting in the cafeteria for late pick up.

The Cookery CCA

One of our most popular activities and here are some photos that show why!



Secondary

Year 8 Parent Teacher Conference

The Year 8 PTC will be held in the MPR on Wednesday **11th December** from 3:30pm to 5:00pm. Please make an appointment via your child. They have been given a sign-up sheet. Learners are expected to make 5-minute appointments with each subject teacher.

Old Newspapers Collection

The Secondary Art department would like to appeal for Newspapers as we are starting a paper mache project with the Year 9's, and to cover the table while painting. We also recycle the Newspapers for paper making and printing activities. Please send them to the Secondary **Art room (122 or 123)** anytime during school hours. All contributions are highly appreciated.

School Uniform

All learners should wear the correct school uniform whilst in school. It has been noted recently that some learners are not changing back into their school uniform after PE. This is not school policy and is unhygienic. If learners come to school in their PE uniform as they have PE for their first lesson, they must also bring their school uniform to change into after PE.



ual: university
of the arts
london

University Visit

During Friday lunchtime a representative from UAL gave a talk and answered questions relating to their courses which included Art, design, fashion, journalism, to name a few. Members from year 10-13 attended. Workshops and summer schools programs can be arranged for potential applicants. Email Mr Conner for further details



Year 12 & 13 Secondary School Newspaper

The IB Diploma learners have started a newspaper called the ARC. The newspaper contains a number of articles written by our learners and guests. Please note that some of the articles contain mature ideas, reflections and thoughts. If you wish to read the newspaper, please click on the link below:

<https://drive.google.com/file/d/0B8naL4D0ut4eZUJVSFZRZGd6M1U/edit?usp=sharing>

Mandarin Video Conference

The video conferencing gave us a great opportunity to communicate with students in Taiwan ZhuDong Junior High School. Speaking with the students in Taiwan allowed us to use proper Mandarin and to improve on our vocabulary. At first, we had problems contacting the student in Taiwan due to internet issues but we managed to contact them in the end. It is a chance for us to improve on our social skills by communicating and introducing ourselves to foreign learners. We also found the Taiwan learners very friendly and nice. Overall, it was a great experience and we really enjoyed it! (Left Photo - Kirsty Tay & Lee Jia Mang Y9)

We did a video conferencing with the students from Taiwan on the 27 November. We discuss our ICT project with them that we are going to do on the 4 December. We told them about our planning and the questions for our interview. Other than that, we also told them about the overview of the activity that we are going to do on the 4 and 5 December. We communicated by using Mandarin and English. Overall this activity went well, if both the Taiwan students could use the headset at the same it would be better so that they can listen at the same. (Right Photo - Amanda Woo & Toni Toh Y10)



Rules for Returning Secondary Learners

Once a learner has officially left the school, they are more than welcome to come back to visit. However, they must ask permission in advance. This can be done by email or by telephoning the school. Please direct all communication to the Head of Secondary. Returning learners are only allowed in the school for one afternoon annually starting from 1pm, we prefer if they only stay for lunch, as they are likely to disrupt the learning of our current learners if they join the afternoon classes. We need to know in advance so that we can inform security and our teachers.



Language Perfect Asia Championships

This year saw the Nexus year 5s, 6s, 7s, 8s and 9s take part in the inaugural Language Perfect Asia Championships. Pitted against 17 other international schools across the region, our learners had to answer vocabulary-based questions in BM, Mandarin, French and Spanish and the reaction from our learners was incredible. In total they answered 390765 questions in a week, which led Nexus to finishing 3rd overall in the competition, beating many schools that are far larger than us. Even better for Nexus was that 8E was the top class in the entire competition and won money for a pizza party, which they enjoyed last Wednesday. Xin Yi Lim also had reason to celebrate as she won an iPod in the competition.

Overall, the learners thoroughly enjoyed the competition and learned vast amounts of vocabulary at the same time. They should all feel proud of their efforts and look forward to doing even better next year.

By Mr Martyn

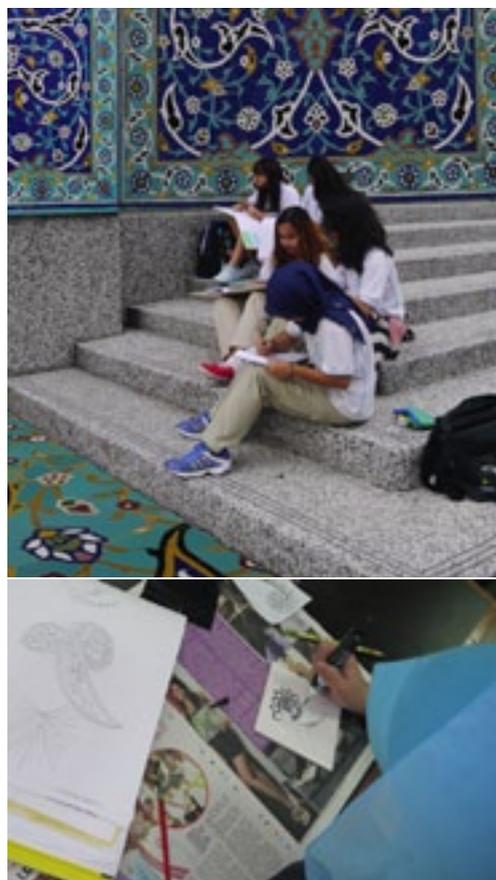
Year 6 to Year 7 Transition

In order to ensure a smooth transition for our Year 6 learners into Year 7 for the next academic year, we are starting a programme of informative events. We would like to invite all Year 6 parents to attend the 1st Taster Day when Year 6 learners get the opportunity to try some Year 7 lessons, in Mathematics, English, Science and Art. This will be held on Wednesday 11th December at 9:00am in the multi-purpose room. Parents will be given valuable information about the learners experience in Year 7 and the Secondary School from 9:00 to 9:45am, with an opportunity to speak with our current Year 7 learners. Year 6 learners will experience the lessons with Secondary Teachers and parents are welcome to join and observe these lessons after the initial meeting and for the rest of the day. If you would like more information about the Taster Day in advance please email or contact Ms. Leilah the Key Stage 3 Coordinator zahedi.l@nexus.edu.my

Here is the calendar of events for the Year 6 to Year 7 information programme:

December 11th	Year 6 to Year 7 1st Taster Day, MPR, 9:00 to 3:00pm.
January 21st	Year 6 to Year 7 Parent Information Evening, MPR, 6:30pm to 7:30pm
March 13th	Year 7 Open Day all classes open for parents to visit.
May 6th	Year 6 to Year 7 2nd Taster Day, MPR, 9:00 to 3:00pm.

From January, our Year 6 and Year 7 teachers will also be working on a collaborative project in English and Mathematics to ensure that learning is progressive from the Primary School to the Secondary School. We are also planning to have an Open Day for any Year 6 parent who wishes to visit our Year 7 classes or any secondary classes on the 13th March 2014. Please put these dates into your calendars and feel free to contact the school should you require any further information.



Nexus Art Trip to The Islamic Art Museum Malaysia

Last Thursday, Nexus Art Learners went on a field trip to the Islamic Art Museum Malaysia (IAMM). Year 10, 11, 12, and 13 Visual Art learners took part in this day trip. They discovered many interesting facts about the Islamic world of Art, and saw many different styles of Islamic art from around the world such as works from the Middle East, Persia, China, and from our host country, Malaysia. The art objects on display range from the tiniest pieces of jewellery to one of the world's biggest scale models of the Masjid al-Haram in Mecca. The aim of the collection is to truly represent the artwork from different Islamic countries. All this gave our learners a fantastic opportunity to gather cultural knowledge and understanding of different artistic styles. They can now use this to populate their portfolio coursework with meaningful historical links that are rooted to influences other than western art.

At the museum, the Nexus learners did many activities such as sketching, tracing the Islamic geometric motifs, touring the galleries, and tile painting in the educational workshop.





CAS Reflections:

“Danial Broderick”

Communication is absolutely VITAL! That is the one thing that I have learned the most this term thanks to the butterfly sanctuary project.

Despite thinking that painting was finished, it was inspected and we were asked us to repaint some bits as we overlooked them when painting for the whole of last year. Although we all let out a big moan, we knew that it was necessary as if the paint wasn't painted properly; the wood would start to rot within 5 years. It's better to get a job done properly, however long, than to get it done quickly and sloppily.

My lesson in communication came when there was a miss communication - or lack of rather - on the extra wood that had to be painted. Over the summer, there were quite a few pieces of wood dumped in the facilities room where we conducted most of our painting. We assumed that we had to paint these, as there were similar cases of this happening last year. So through our reasoning (TOK!), we assumed that we had to paint these.

After having officially painted all the wood, the structures were ready to be put up. In addition to that, we were advised to start research on designs for water features that could be built by us and put inside the butterfly sanctuary.

Year 8 Trip to Ipoh

“In Ipoh, We learned a lot of things and got to do amazing activities. For example, we tried some weaving and we made some bracelets out of long leaves. We also got to try out using a blow-pipe that was used as a weapon on to a dart board. We tried some tin-mining at the river near the resort as well as exploring a huge cave! It was really exciting! Our rooms were really nice and we got to hang out more with the people from the other classes.”

“My favourite part about the trip was the caves. It's really an experience I've never had before and I enjoyed doing it with my group, friends and Mr.Nick. I really liked the part where we had to crouch down and get into the water and the part when we started to use our helmets to splash water on people (including our teachers). I have also learnt how to weave. It was really hard at the start but then I got the hang of it and it got much easier. On the last day I've experienced tin mining except I didn't go mining! I used a pan to search for tin in the river. It really did take a lot of patience. Over all the caves was the best part of the trip I found the best, amazing and fun.”



PE Notices

Secondary Swim Team

Congratulations to the Nexus Secondary Swim Team who had success in the SIS Swim gala last Thursday evening. Our swimmers from U13, U15 and O15 put on a superb performance and managed to win lots of medals in the process. The next event our swimmers will be the big ISAC Swim meet at Pusat Aquatik on the 7th December.



U11 Boys/Girls Basketball Teams

Both the U11 Boys and Girls Basketball teams played their final round of matches in their respective KLISS leagues on Wednesday 20th Nov. The girls were just beaten to a medal but played very well as a team and should be proud of their achievements and hard work over the last 8 weeks. The boys fared a little better as they swept home in the gold medal position. The boys won all 10 matches across 2 weeks of competition, winning by a record number of points. Well done!



U15 Boys/Girls Football Teams

At the weekend both the U15 Boys and U15 Girls football teams were in action at REAL international School in an ISAKL football tournament. The boys despite winning 2 and losing 2 games didn't quite make it out of the groups stages but the girls managed to win the Gold medal in a tense and thrilling day. Tied after the group stages they had to play penalties to advance through to the final but as the teams still could not be split it came down to a coin toss. Luckily for us, Adzatul picked the correct side of the coin. The girls then managed to win the final thanks to a close range goal from Sophia Harith.



Boys/Girls Senior Basketball Teams and U15 Rugby Team and U13 Boys/Girls Football Teams

On Tuesday, 5 teams were spread across KL competing for Nexus. The boys and girls senior Basketball teams travelled along with the U15 boys Rugby team to ISKL, Ampang. Despite losing both of the basketball games the teams can be proud of their performances. The girls narrowly missed out 29-22 while the boys ran their opponents close only losing out by 13 points. The U15 rugby team recorded a victory in their first ever match, beating ISKL U15s 30-10. Mr Matt has been taking the team for CCA this term and was thrilled with the boys attitude to what was a physically tough encounter in the pouring rain. The U13 Boys and Girls football teams played host to MKIS. The teams played extremely well, running out victorious in both matches. The girls were helped by an excellent free-kick from Amisha Nadzari, bending the ball over the wall and into the top corner.

Boys O15 Football Team and U13/U15 Badminton Team

Finally, Wednesday night was the turn of the Boys O15 Football team who played at home vs Tenby International School. Despite the rain the boys played well and a commanding performance from striker Alex Marichal helped the boys ease to a 5-2 win. As the boys were getting soaked outside the U13 and U15 Badminton team were playing Tenby in the Gym. Learners from 5 different year groups were competing and Nexus ran out winners in both the Boys and Girls singles matches and the doubles too. A big thanks to Coach William for his ongoing commitment to Nexus Badminton.



Music Department News

It has been a busy few weeks in the Music Department. I know most of you have heard the news about our **Guitar teacher Jose** suffering a heart attack two weeks ago. He is still in a stable condition and responding well to treatment.

Whilst poor Jose is off school we have managed to recruit two cover teachers to teach his lessons. Both teachers, Hafiz and Afiq, come highly recommended and are very well qualified for the job. They have both studied Music and Guitar as a their first subject in Bachelor Degrees.

We will try to fit in all 11 lessons owed to you this term, any missed will be refunded or taken off next terms lesson fees.

We all wish Jose a speedy recovery.

Music and Drama News

'The Dumb Waiter' - 25 learners & staff are going to watch the comic thriller 'The Dumb Waiter' (Friday 29th November) - look out for the review in next week's 'Connect'

'Bugsy Malone' - rehearsals are in full swing for our April performance of the musical 'Bugsy Malone'. Please contact Ms Rach thomas.r@nexus.edu.my if you can help with finding or making props / set or costumes, or are willing to come in to do hair and make-up or refreshments on the performance nights (April 9th & 10th). Let's make it a great show!

We are planning a Performing Arts trip to Singapore for Y10 & Y12 learners in May... Watch this space!

AIMS Rock Festival Next Week

We have 12 learners in 3 bands going to the **Australian International School Malaysia** next Thursday to represent the musical talent of Nexus. It promises to be a great afternoon and we wish all of the players the best of luck.

New Real Piano and Nexis as New Exam Centre for ABRSM and Trinity Music Exams

The school has recently invested in a new **Yamaha Upright Piano** so that we can become an Examination Centre for the ABRSM and Trinity music exams. We will be hosting the exams starting next Summer. Taking the ABRSM and Trinity music exams at Nexus will be open to the public as well as to Nexus learners.

Discounted Pianos with Buy Back Promise for Nexus Learners and Teachers

On the back of buying a Grand Piano and Upright Piano from Pusat Muzik LKS Setapak SDN. BHD. Nexus has managed to secure a deal to allow its learners and staff to buy new and secondhand pianos at heavily discounted prices (Educational Discount Rates) as well as the company offering a **'Buy Back Promise'** as they realise that a lot of us are travelling expats. Please contact the Music Department for further details.

Music Tech Club Diary

Over the last few weeks the learners have been mastering their recording skills by operating the complex **Logic Pro Recording Studio** software unaided whilst also honing their microphone positioning skills. They have also mastered the art of using EQ on the drum kit recording with very impressive results. **Music Tech Club, Thursday Lunchtime** with **Mr Suneel** and **Mr Tim** - See either member of staff if you would like to come along (Secondary learners only for the time being due to lunch timings).

Instrumental Invoices

A polite reminder to please pay any outstanding amounts on the Instrumental Programme Invoices this week. We are needing to pay our staff for the Christmas holidays.

Here are the dates for your diaries:

3rd Feb	Instrumental Reports go out to parents
18th Feb	Instrumental Parents' Evening
19th Feb	Auditions for Senior Spring Concert
20th Feb	KS4 & 5 Drama Production
12th March	Senior Spring Concert
9th & 10th April	Bugsy Malone - The Musical

Why Study Music?

Childhood music lessons 'leave lasting brain boost'



<http://www.bbc.co.uk/news/health-24802433>

ELL Information: Diet and Learning

What's the link between diet and learning?

It's well established that nutrition and learning go hand in hand. Certain foods enhance brain function, memory, concentration and motor skills. Children that eat the right foods at regular intervals are more focused, have more energy for school work and have better moods.

The foods you eat affect brain function in a number of ways. Some foods contain nutrients that are used to manufacture brain chemicals, or neurotransmitters, that enhance memory, concentration, and reaction time.

The problem with high fat/high sugar foods

According to the Society for Neuroscience, recent studies reveal that diets with high levels of saturated fats actually impair learning and memory. One of the theories that explain the link between saturated fats and brain power is the effects of glucose and sugars in the higher-fat foods. Normally, after a healthy meal, glucose levels should rise slightly, and a body should feel energized after taking in nutrition.

Today, however, children and adults with high-glucose diets experience a post-food "crash," wherein the glucose intake is so high that the body begins to shut down as it processes all of the food, leading to a terrible drop in energy, focus, and successful mental performance and, for some, an increase in irritability.

Good and bad foods...

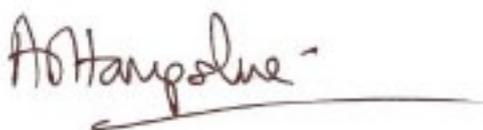
White and refined breads, fried foods, sugary sweets, biscuits and sodas will all cause energy slumps. Foods that give a slower release of energy like oatmeal, brown rice, fresh fruits and vegetables, nuts and beans are best to keep blood-sugar levels stable. (low glycemic index foods)

Most important meal of the day – Breakfast

Not all breakfasts are equal : low fibre, refined breakfast cereals are not good for a slow release of energy. Good breakfast foods include oats, grainy breads, high fibre cereals, granola, nuts, yogurt, milk, unflavoured soy beverages, apples, oranges, grapefruit, pears and berries.

Eggs are a good choice for breakfast because egg yolks contain choline. Choline is a vitamin-like compound that's used to transmit nerve impulses and maintain brain healthy cell membranes. Research suggests that choline-rich foods may enhance brain cell production throughout childhood.

Regards,



Alison Hampshire

Principal