

# CONNECT02

GREETINGS FROM NEXUS INTERNATIONAL SCHOOL, PUTRAJAYA

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**NEXUS**  
INTERNATIONAL  
— SCHOOL —

PUTRAJAYA

# Whole School

## English Language Summer Camp

“Where students develop English in an interactive environment, promoting confidence and independence beyond the classroom.”

The syllabus is complemented by culture themed lessons, focusing on different aspects of life, including music, sport, literature and history. There are opportunities for students to find out more about their host culture and compare these cultural experiences with their own home country.

We provide English tuition at three levels and work on a programme of study which will allow students to advance their English in the following ways:

Beginning: Elementary (\*CEF-A0)

Developing: Lower Intermediate English (\*CEF-A1/A2)

Mastering: Upper Intermediate English (\*CEF-A2/B1)

\* CEF: Common European Framework

## Swim Club

Mondays, Wednesdays and Fridays from 7.45 until 8.30am

If you can swim 25m without a float you are welcome to come along to improve your stroke or your general fitness.

Parents are welcome to come and watch or help support the running of the club.

**BUKA UNTUK PENDAFTARAN**

**OPEN FOR REGISTRATION NOW**

**ENGLISH LANGUAGE SUMMER CAMP**

**NEXUS**  
INTERNATIONAL SCHOOL  
PUTRAJAYA

**+603 8889 3868**  
**WWW.NEXUS.EDU.MY**

# PE Notice

Basketball warm-up games got underway last week starting with the U13 Boys Basketball narrowly losing out to ISP 52-46. For an under strength team it was a fantastic performance and the boys that played showed great resilience and determination to come so close to victory.

The U15 Boys Basketball team played at Tenby and also suffered a narrow loss against a very physically powerful Tenby team. The boys ISAC Finals will be played at ISKL on 5th February this year, let's hope that the boys can make it their again this year and bring home a medal.

**Athletics days have now been confirmed for Primary and are as follows:**

Primary

MP1 - Wed 21 Jan 10.20am  
MP2 - Thu 22 Jan 9.00am  
MP3 - Frid 23 Jan 9.00am  
EY - Fri 27 Feb 9.00am

Parents are encouraged to come and watch and support our young learners as they participate for their respective classes.

Secondary - TBC

**Below is a list of the Sports fixtures for Term 2.**

Football

U9 Boys Football

- 11 Feb at Nexus
- 25 Mar at Nexus

U9 Girls Football

- 11 Feb at Nexus
- 25 Mar at Nexus

U11 Boys Football

- 27 Jan at ISKL
- 4 Feb at ISP
- 4 Mar at ISP

U11 Girls Football

- 27 Jan at ISKL
- 4 Feb at ISP
- 4 Mar at ISP

U13 Boys Football

- 24 Jan at Nexus

U13 Girls Football

- 21 Jan at ISKL

Basketball

U13 Boys Basketball

- 19 Jan at ISKL
- 29 Jan at ISKL
- 5th Feb at Tenby

U13 Girls Basketball

- 19 Jan at ISKL
- 26 Jan at ISP
- 29 Jan at ISKL
- 12 Feb at Tenby
- 26 March at Tenby

U15 Girls Basketball

- 26 Jan at BSKL
- 29 Jan at KCLASS (ISAC Final) If we do not qualify, this game will not go ahead
- 29 Jan at Tenby - KLISS Rd 1 = 4 games
- 9th Feb at ISKL
- 26th Feb at Tenby - KLISS Rd 2 = 4 games + Medals given out

U15 Boys Basketball

- 22 Jan at Tenby
- 26 Jan at BSKL
- 9 Feb at ISKL
- 12 Feb at Tenby

U18 Boys Basketball

- 21 Jan at ISKL Final

Please keep checking the Sports fixtures calendar for up to date information on timings, venues and tournament schedules.





# Primary

## Promoting A Healthy Lifestyle at Nexus Primary



The information below comes off the Healthy Kids website from New South Wales, Australia. It is one of many that promotes physical activity for children. At Nexus we go just a small way to promoting this healthy lifestyle by providing opportunities for:

- Morning exercise (between 8.20 and 8.43am) for Year 2 to Year 6 Learners. Please ensure your children are properly equipped for this by wearing a hat and appropriate footwear.
- A PE programme, including regular swimming lessons for all learners from Nursery to Year 6.
- Several sports clubs and CCAs for learners of all ages and abilities including the school training schedule (also in this newsletter).
- Promoting active play and not allowing children to play on laptops at snack and lunch times.

## Why Get Active?

Regular physical activity is an important part of getting healthy and staying healthy.

Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

## Regular Physical Activity Helps Kids and Teens

- With healthy growth and development
- Build strong bones and muscles
- Improve balance and develop skills
- Maintain and develop flexibility
- Achieve and maintain a healthy weight
- Improve cardiovascular fitness
- Reduce stress and feel more relaxed
- Improve posture
- Boost confidence and self-esteem
- Have fun with their friends and make new ones

Children who don't get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play.

Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. In the long term, it can contribute to conditions such as high blood pressure and cholesterol, heart disease, Type 2 Diabetes and liver disease.

Research tells us that the warning signs for these conditions can be present in overweight teenagers as young as 15 years of age.

## How Much Activity?

Kids and teens should get at least 60 minutes

of moderate to vigorous physical activity every day. They can get even more health benefits from doing a couple of hours of physical activity every day.

To help kids and teens be active every day, they need opportunities for sport, play and exercise at school, after school and on weekends.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends. Kids and teens can get even more benefits from doing up to three hours of physical activity every day.

Kids and teens should do strengthening activities at least three days of the week. Strengthening activities, such as climbing, jumping, running or playing tug-o-war, help to build muscle and strong bones.

## Please Help Us To Promote A Healthy and Active Lifestyle For Our Children

- Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.
- Encourage them to play out whenever possible, dance to music, ride a bike or get involved in vigorous activities like running, swimming or playing sports like soccer, netball or basketball.
- Make time to be active as a family – walk to the local park, go bike riding or take a stroll.
- Encourage 'active play' by buying gifts that get kids and teens up and moving, such as balls, bats, skipping ropes and other

equipment. It also helps them develop and practice new skills.

- Park some distance away from your destination – school, sport or the shops – and walk the rest of the way.
- Make sure kids and teens have an opportunity to be active after school, either through active play or organised sport.
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven't previously been very active.
- Limit the amount of time that kids and teens spend on 'small screen' entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they're being active outdoors.
- Make sure they drink plenty of water when they are physically active or playing sports.
- An active lifestyle is fuelled by healthy foods – make sure your children make healthy food and drink choices and limit foods that are high in added sugar, salt and saturated fat.



# Secondary

## Examination News

Year 13 IB exams start next week. The timetable is found on the school website under Learning & Curriculum or access the link below:

<https://docs.google.com/spreadsheet/ccc?key=0ArSKMxPT4JbAdFQxbkJHak5oc1V1RTThnS09JLW43d0E&usp=sharing>

## CAS Reflection by John Lee



Sport is a passion in my life. I have represented and captained the Football, Athletics, Swimming, Rugby, Basketball and Volleyball teams. Sport has encouraged me to learn important life skills; leadership, determination, commitment and communication just to name a few. Sport is what has kept me on a path towards my goals.

Goals are important to me as they allow me to monitor and facilitate progress. They serve as a tool of self-reflection putting into perspective

your strengths and weakness. I consider myself a motivated goal-setting individual. With the help of CAS within the span of two years I have made tremendous progress with my rugby from being a beginner to being selected for the U19 Malaysian national rugby team trials and even interesting Saracens coaches. Without CAS I do not believe I could have achieved much as I have if I didn't of set myself goals and commit to them. I hope to replicate this commitment at university and become an active member of the community just as the CAS program has made me at school.



## IB Diploma Taster Day Wednesday 21 January

Come and experience a free day in our IB Diploma classrooms! Open to all students who have either completed their SPM, or IGCSE or will be completing their IGCSE, MYP in June 2015.

For more information or registration, please contact Ms Arvin by email: [mindarsingh.a@nexus.edu.my](mailto:mindarsingh.a@nexus.edu.my)



# COME TO BOARDING DURING YOUR EXAMS



**GOOD  
NEWS FOR  
YEAR 11 &  
YEAR 13  
LEARNERS**



## ADVANTAGES OF STUDYING IN BOARDING

*Are you travelling long hours to Nexus every day?*

*Have you ever thought of staying in boarding for a week, a month or a couple of nights? Do you know you can save more time going to school from boarding? School is just right next door.*

*For only RM100 per night or RM1000 per week, you get to enjoy the facilities in boarding and 3 meals a day.*

*Call us now for more information.*

Study with your friends & you can help each other with homework

Reduce the stress of exam time

Enjoy the company of others who are studying

Study in dedicated times

Work in a study atmosphere away from the distractions of home

Enjoy the facilities on campus

Get advice from staff and older learners.

Enjoy 3 meals a day + snacks

If interested, kindly contact:

Ms Lina  
[yusuf.m@nexus.edu.my](mailto:yusuf.m@nexus.edu.my)  
or

Ms Mun  
[long.c@nexus.edu.my](mailto:long.c@nexus.edu.my)

Contact No.: 03-88902533

# Music & Drama News

## Instrumental Lessons

All the instrumental lessons are up and running and going really well.

If you are new to the school or have been here for a while and just want to try out playing an instrument, then please ask your parents to fill in the application form below:

<https://sites.google.com/a/nexus.edu.my/music-department/sign-up-for-instrumental-lessons>

We still have got the following instruments to **Loan To You Free of Charge**, which will save you money on the start-up costs of learning an instrument. We have the following instruments: flutes, alto saxes, clarinets, violins, 'cellos, trumpets and trombones.

## Spring Concert

This term sees the return of the Spring Concert in March. The Spring Concert is designed to showcase the talents of Nexus musicians of Grade 5 standard and above, including the GCSE and IB learners.

The auditions for the Spring Concert will be held at the start of March, so please start practising now. Learners who audition in groups will be looked on favourably.

## Instrumental Reports

All of the instrumental teachers are currently working hard writing the instrumental reports for the first term. Parents will receive the

reports in the next few weeks, just in time for the Instrumental Parents' Evening in February.

## Instrumental Parents' Evening

The Music Department's Instrumental Parents' Evening will be held on Tuesday 10th February from 4pm to 6pm. Letters will be sent home in the next few weeks with all learners who have instrumental lessons detailing the arrangements for the Parents' Evening. Please respond to the letter and request an appointment time with your son/daughter's instrumental teacher. You will have received their Instrumental Report beforehand and it will be an opportunity for you to discuss their progress with their teacher.

## Why Study Music?



6 Benefits of Learning A Musical Instrument

<http://www.parents.com/kids/development/intellectual/benefits-of-music-lessons/>

## Dates For Your Diaries

Wed 26 Jan	Instrumental Reports go home
Tue 10 Feb	Instrumental Parents' Evening 3.30pm to 5pm
Mon 2 Mar	Auditions for the Spring Concert
Thu 12 Mar	Spring Concert 7pm in the Theatre



## Lunchtime Music Clubs - ALL WELCOME - No Invitation Needed! Just Come Along and have FUN!

Primary	
Mon	Recorder Group with Miss Ann
	String Group (Violins, Cellos) with Mr Mervin
	Guitar Group with Mr Afiq & Mr Hafiz
Tue	Drumming Group with Mr Jared
Wed	Flute Group with Miss Yem Voon
	Ukulele Group with Miss Ann
	(After School) Clarinet Group for ALL Learners with Miss Kit
Thu	Primary String Group (Violins and Cellos) with Mr Mervin
Fri	Primary Singing Group with Miss Ann & Miss Audrey

Secondary	
Mon	Drumming Group with Mr Jared & Mr Tim
Tue	Guitar Group with Mr Afiq
	Brass Group with Mr Gerold
Wed	Flute Group with Miss Yem Voon
	Fun Vocal Group (Acapella singing, 4 part singing) with Mr Tim & Mr Steve
	Guitar Groups with Mr Hafiz
	(After School) Clarinet Group for ALL Learners with Miss Kit
Thu	Senior String Group (Violins, Cellos) with Mr Mervin
	Jazz Band/Group with Mr Tim
Fri	String Orchestra with Mr Steve & Mr Mervin

## Y9 Drama Production 'Fugee' - Wed Jan 28th 6pm



Year 9 learners are currently rehearsing for their production of 'Fugee' which will be performed after the Year 9 PTC.

This play focuses on the problems faced by teenage refugees coming to the UK from different countries, and features all Year 9 learners performing as well as taking on other backstage / technical responsibilities.

We hope that as many parents and learners from Y7 and above will come to see the play. Audience members will be asked to make a donation to the 'Stop the Traffik' charity rather than paying a set ticket price. Please note that due to the content of the play, it is not suitable for Primary learners.

**KOJO**

**ARA**

**CHEUNG**

**HASSAN**

**ROZA**

Poster designed by Vickie, 9N

A PLAY WRITTEN BY ABI MORGAN

# FUGEE

**JANUARY 28**

**6PM**

**THEATRE**

**BROUGHT TO YOU BY THE YEAR 9S**

**DONATIONS WILL BE MADE TO "STOP THE TRAFFIK" INSTEAD OF PAYING FOR TICKETS.**