

CONNECT03

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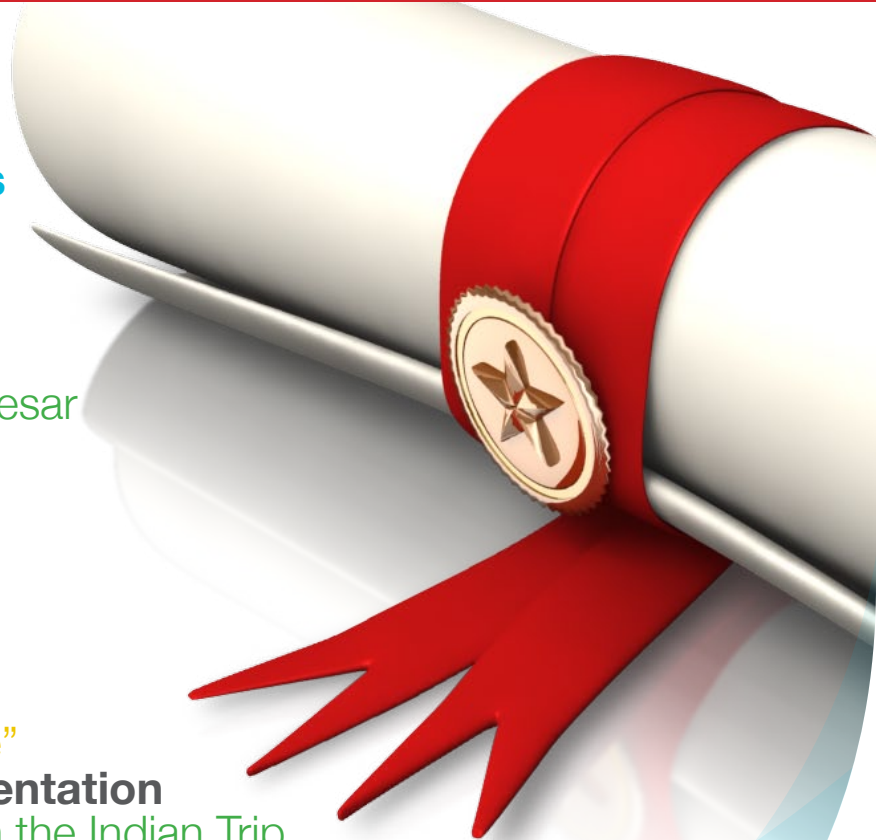
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+ Y7 Production 3, 10, 17 June



NEXUS
INTERNATIONAL
— SCHOOL —

PUTRAJAYA

Whole School

Nepal Earthquake Appeal

Dear all,

Unfortunately another major earthquake of 7.3 has hit the region.

- [BBC update](#)
- [CNN news](#)

Within our community there are a number of Nepalese colleagues with families who have been directly affected by the disaster and have been sleeping outside since the first earthquake struck as their homes have been destroyed. With the monsoon season due to begin in June the need to support these families is more desperate than ever.

The current total raised stands at **RM3851.85**, which is just about enough for each of those families to purchase a window but not a put a roof over their

heads. If we could raise RM15,000 this would hopefully provide enough funds for each family to take steps towards rebuilding their homes and lives whilst supporting our Nepalese community at Nexus. Away from home and unable to help this must be a very trying time. The Student Council will begin fundraising activities next week and I can see that teachers are continuing to collect funds in class. We would like to thank you for your contributions so far and encourage you to continue so we can reach the target RM15,000 to fully support these families.

If anybody has ideas for fund raising initiatives please do contact either myself or Mr Stephen M.

Kind regards,

Ms Claire & Mr Stephen M



LUNCHTIME SALE BY GIRL GUIDES

The Girl Guides sale of craft items and baked goods on Thursday, May 14 was a huge success. Over 600 RMs were raised. Originally, the sale was planned to raise funds for the Girl Guides activities. However, the two earthquakes in Nepal then occurred and the Girl Guides voted to donate 50% of the proceeds from their sale to the relief efforts.

Through this project, the Guides learned several new craft skills which lead to them qualifying for a new badge. Additionally, they learned several important business skills such as planning, product design, marketing, sales, and customer service.



Primary

Nexus Spontaneous Sports



You have probably heard that sport is “good for you”. Not only that, but it also makes you feel good. Apart from that, exercise helps people look better, age well, it helps to loose weight and lower the risk of some diseases. Exercise helps each part of the body, including the mind.

Nexus Healthy committee has been planning activities around healthy food over the last 2 terms. Now it's time for more action and movement! We kicked off the health drive this week with some 'Spontaneous Sports'. Adults from a range of sport background have been sharing their passion for sports and spontaneously visiting classes and encouraging learners to join in. Primary Learners had already had a taster of rhythmic gymnastics, Zumba, dance keep fit classes look like. In assembly they will also experience one form of martial arts.

The 'exercise' focus of the drive will continue until the end of the year and we are seeking parents and teachers alike who would be willing to come into school to showcase their favourite sport.

The healthy drive continues on Fruggie Friday. Don't forget to pack a healthy fruity snack!

Fun Exercise!



In the morning, before school and during break and lunch the children at Nexus are encouraged to be active. We recognise that regular exercise leads to changes in the brain that improves cognition and that there are many positive effects on the body. We have organised, teacher led activities for children during wake-up-shake-up such as skipping, dance and t-ball, but many of the games they play in the playground are essential for healthy development; children are also getting fantastic exercise as well as social skills during their free play time.

The benefits of exercise to the body:

1. It strengthens the heart. Even exercise during childhood can ward off heart disease in later life.
2. It helps keep arteries and veins clear. Since exercise reduces the amount of harmful cholesterol and fats in a person's blood, a



person's risk for heart attack and stroke can be reduced by regular exercise. This positive effect of exercise also begins in childhood.

3. It strengthens the lungs. Exercise increases childrens' lung capacity and makes their body more efficient in bringing oxygen into the blood and expelling waste gases.
4. It reduces blood sugar levels. Blood carries glucose to the muscles to use for energy. While exercising the muscles need more glucose and this prevents glucose from building up in the blood. This may reduce a person's risk of developing diabetes.
5. It controls weight. If a child is not active they may consume more calories than their body needs. The body will store the extra calories of energy as fat which can lead to a child becoming overweight. A healthy weight is good for the heart.
6. It strengthens bones and muscles. Exercise puts stress on bones and muscles and this strengthens them. Bone density increases with exercise.
7. It helps prevent cancer. People who exercise regularly have a lower risk of developing cancers such as colon, prostate, uterine and breast cancer.
8. It regulates blood pressure. Exercise can reduce stress which will positively effect blood pressure and therefore, reduce the risk of heart disease.

9. It improves energy levels. Rather than making them tired, exercise often makes children feel more energetic and there is less chance they will tire during the day.
10. It enhances emotional well-being. Exercise releases substances into the blood that give a feeling of calm and well-being. The effect on childrens bodies, such as weight loss, can make them feel better about themselves.

American Academy of Pediatrics; American Medical Association; U.S. Department of Health and Human Services

Reviewed 2/02 by Jane Forester, MD

All content here, including advice from doctors and other health professionals, should be considered as opinion only. Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of others.



Year 6 Residential Trip to Sedili Besar

From 27th to 30th April, Year 6 enjoyed their residential trip to a resort a Sedili Besar. The trip, organized along with Eco Field Trips, provided the Entry Point for the next IPC unit in Year 6 – “Extreme Survivors”. This unit provides learning about the adaptations that plants and animals have so that they can survive in their habitats, as well as threats to these species e.g. humans and global warming.



The trip provided an introduction to this learning by giving Year 6 a chance to see, and touch these habitats and even some animals.

One activity involved a trip to the rainforest: “We went on a journey through the rainforest and checked all the cool things living there! We saw millipedes, leeches, ants but the ants were HUGE!!! They were called giant forest ants and you have the worker ants, soldier ants etc., but the soldier ants heads are enormous! We were told they’re heads were used for stitching in the old days before stitches were invented. The main part were the piners because they were strong and big. We saw broken down trees and lots of dead leaves, interesting fact, millipedes, worms, termites, ants are detritivores which means they break down objects like leaves and make it into soil, but termites breakdown wood. Fungi is a decomposer which means it breaks down stuff too but in a different way. We looked at animal tracks in a peat swamp and saw wild

boar tracks and some other animal tracks.”

Another activity involved a hike and a visit to a local sandy beach: “When we arrived at the beach we got into pairs and got a pair of gloves and a garbage bag. The teachers told us how there is lots of rubbish on beaches and how this hurts and even kills different animals. We then walked along the beach and while we did that we would pick up garbage that would harm other animals like rope, plastic bags, plastic bottles and more. We weren’t allowed to pick up sharp objects like broken glass and metal. In my pair we collected a full bag, and in the end we managed to collect 16 whole bags of garbage from the beach! After we did that the teachers told us that beach cleanups like the one we just did happens all around the world to help the ocean life. We then got a little treat, the teachers allowed us to go into the beach for a swim. I enjoyed the beach cleanup and I am proud of myself for knowing that I helped many different animals.”

Other activities involved looking at animals habitats in the rocky shore, visiting the local kampung and mangroves. In the evenings groups decorated Wau kites with environmental messages, created a Forest-Floor-fashion show and enjoyed a bonfire where marshmallows were roasted.



IB *Graduation Ceremony*



Our second IB Graduation Ceremony will take place on Friday 22nd May at 2pm in the theatre. All secondary learners, teachers and parents of Year 13 learners are invited to attend. It will be an opportunity to say goodbye to our most senior class as well as wish them well for the future. If last year's ceremony is anything to go by, it promises to be an entertaining and emotional event (expect a few tears from teachers, parents and learners). We will be sad to see them go but happy they are embarking on the next stage of life.

The IB Graduating Class of 2014



Secondary

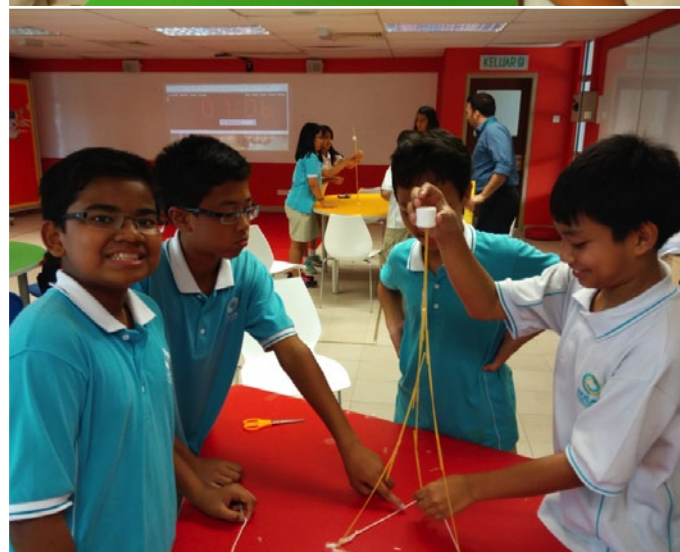
MATHS WEEK

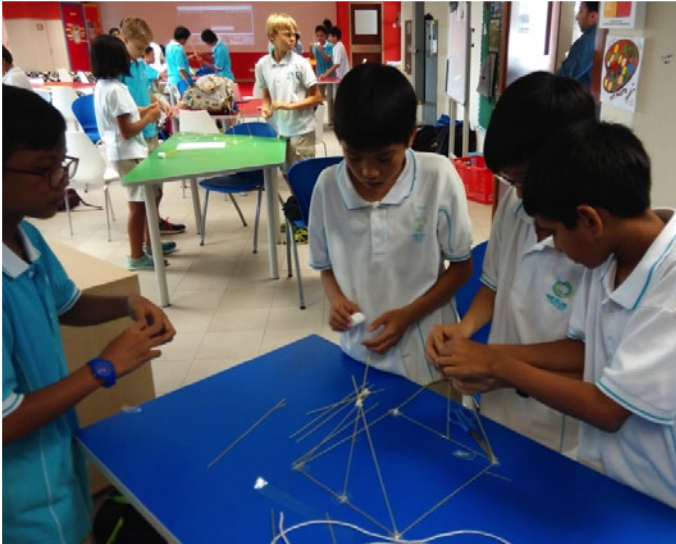
The eagle-eyed amongst you might have noticed some interesting 'mathsy-type' puzzles in and around the stairwells last week. The questions and games were there to help raise awareness that maths is everywhere around us, we just have to be open to seeing it. Nexus Maths Week was celebration of problem solving in the secondary school. The critical thinking skills of learners were put to the test as they grappled with various problems ranging from:

- Crossing the bridges of Putrajaya and Konigsberg, based on a famous problem involving Eulerian paths. Below are pictures of some Y12 students theoretically and then physically 'crossing' the bridges to trace their routes.



- A massive Sudoku puzzle.
- A half-finished noughts and crosses board that required some serious 'retrograde' analysis to establish what were the first and last moves played.
- A maze that had to be navigated using a requiring a colour-balanced path
- Taking part in a Pan Asian computer-based maths challenge called Mangahigh, where learners earned points for their schools by answering maths questions correctly. Despite competing against much larger schools Nexus finished 5th overall in Asia, which was a magnificent achievement!
- Building the highest structure that can support the weight of a marshmallow using only 20 sticks of spaghetti and Sellotape.





The maths department would like to thank everyone who engaged in some maths thinking during the week!

END OF YEAR BALL

The Student Council of 2014-2015 is proud to present this year's End of Year Ball, with this year's theme: **"Time After Time"**!

The ball is open to learners from Years 9, 10, 11, 12 and 13.

The details are as follows:

Day/Date: **Saturday, 13th June 2015**

Time: **7.00 pm to 11.00 pm**

Venue: **Swiss-Garden Hotel & Residences, Kuala Lumpur**

Tickets for early birds (**RM 130**) has commenced and will end on the coming **Monday, 18th May 2015**.

From 19th May 2015 to 1st June 2015, tickets will be sold at RM 150.

If you have any questions, please do not hesitate to email the Student Council at student_council@nexus.edu.my

CAS Reflection

By Muhammad Irfan Mohammad Azhar



In bass guitar lessons last term, I spent majority of the lessons preparing for the spring concert; this meant that working collaboratively was key. All the pieces that I had to play had already been decided from the previous term and we spent the lessons perfecting them for performance. Whilst playing in an ensemble, I notice that collaboration is essential and keeping an open ear to listen for areas of struggle, as well as voicing them requires collaboration. I am glad to notice that I have strengths in playing in an ensemble. For example, the bass is fundamental as it provides a harmonic foundation and rhythmic foundation for ensemble. I feel rewarded when the whole group is playing well and when I am fulfilling my role.

A new challenge I undertook was deciding to learn one of the pieces on the upright bass; although the playing style varies from the electric bass, the tuning of each string is the same. I decided to learn the piece on the upright because as a group we agreed it suited the style of the song more. I felt rewarded when I was able to learn a new instrument for performance in a short span of time.

Parent Presentation

Progress Reports in Secondary

Two short presentations will be made on the 28th May at 9:00am and at 9:40am.

The 9:00am presentation will provide information on the Progress Reports from Y7 to Y11.

The 9:40am presentation will provide information on the Progress Reports for Y12 and Y13.

The presentations are open to all parents who wish to attend. It will be held in the Boarding House on the ground floor.

VIMAL GUNASEGARAN REFLECTION ON THE INDIAN TRIP

I wrote a short essay on our trip to India and what I thought was the most important things we learnt on the trip:

During the Easter break I – with 11 other friends – went with Mr. Graeme and Ms. Rachael to the Himalayas. The trip was organized with Snow leopard, a really awesome group of people who dictate their time to show people the true India. During the trip you learn to trust, lead one another and work as one on different activities such as rafting, water rugby, carpet volleyball and other fun activities that will leave you with memories and maybe bruises. The whole course was all about action, reflection, and action! The only time you sat down was to reflect and think. There were times when ears were more important than the eyes. You expect to build a tent with some instructions? No, your leader was your manual. He/she was told what goes where and what fits what. You, their arms do what he instructs you but to do this you would have to put your trust in your leader.

The experience you gain from this journey

is something I won't forget. It will help with your life problems or job problems in fact. The amazing thing is that you won't realize that you're using what you learned like trust, consideration, believing, and leading skills, where it will come naturally to you. It's kept there in some part of your brain where it will pop up whenever needed.

At the end of the trip I believe that during those 8 days of fun activities, sweat and bruises, all 14 of us have changed in one way or another. I've changed in trusting people, I learned that it is better to fully trust someone from the very beginning and not to build up trust and to fully trust them later on. I know that ears can be – in some cases – more important than your eyes. Thirdly, some answers can be found in your team, all you need to do is to ask, however if you know the solution don't keep it to yourself. Finally, all ways try to improve whatever solutions you find cause you maybe surprise of what you may discover. Those I feel are the most important out of all the things I've learnt. I'll miss the white waters, the cold river, and the green trees in the morning and the chapatti!

Malaysia Karting Championship 2015

The school wishes Armand Johany 10N and Arsh Johany 8X the very best of luck when they attend the official kart practice and qualifying sessions prior to Race Day on 17 May 2015 Sunday at Plus Speedway Kart Circuit, Subang Jaya. The race will be Round 3 of 6 of the Rotax Max Challenge Asia / Malaysia Karting Championship 2015 and they both will be competing in the Junior category for drivers age 13 – 16 years old.



MUSIC NEWS

Young Performers' Concert on Thursday 21 May

Final preparations are been made for our Young Performers' Concert on Thursday 21 May. We hope to see there to support all the younger learners performing, including: the Y6 Gamelan ensemble, String Orchestra and soloists.

Tickets for the concert are now available from Student Services.

Well done to Christie Thomas, Y6, for winning the poster design competition. She designed a wonderful poster which includes her own hand-drawn work in a manga-esque style, very impressive indeed for a Y6!

AIMS Young Musician of the Year Award 2015

Samantha Guillouet will be taking part on Saturday 23rd May at ISP school. We wish her all the best of luck and know that she will make us proud. If you can support her on the day then please email Mr Tim for further details, it starts at 10am.

Y7 Musicals - 3rd, 10th and 17th June

On the 3rd, 10th and 17th June we are putting on 3 Musicals performed by the 3 Y7 classes.

If any parents are skilled in set building, painting or prop making/sourcing then we would really appreciate your help.

Please contact Mr Tim, costello.t@nexus.edu.my or Mr Jason HUDSON.J@NEXUS.EDU.MY

Dates For Your Diaries

Thu 21 May	Young Performers' Concert 7pm in the Theatre TICKETS ON SALE NOW
Wed 3 Jun	WHAT A KNIGH Y7 Whole Class Musical 7pm in the Theatre Class TBC
Wed 10 Jun	ROCKY MONSTER SHOW Y7 Whole Class Musica 7pm in the Theatre Class TBC
Wed 17 Jun	YE-HA! Y7 Whole Class Musical 7pm in the Theatre Class TBC
* Wed 24 Jun	ABRSM Music Practical Exam @ Nexus
* Thu 25 Jun	Rock Concert 7pm in the Theatre

Why Study Music?



Singing (is) more of learned skill than (a) natural talent

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	Brass Group with Mr Gerold
	Drumming Group with Mr Mr Faez & Ms Ann - STARTING IN AUGUST
Wed	Flute Group with Miss Yem Voon
	Ukulele Group with Ms Ann
	Clarinet Group for ALL Learners - with Miss Kit
Thu	String Group (Violins and Cellos) with Mr Mervin
Fri	Singing Group with Miss Ann & Miss Audrey
Secondary	
Mon	Drumming Group with Mr Faez & Mr Tim - STARTING IN AUGUST
Tue	Guitar Group with Mr Afiq
	Jazz Band with Mr Tim & Mr Steve
Wed	Flute Group with Miss Yem Voon
	Senior Choir (Acapella/ accompanied singing, 3/4 part singing) with Mr Steve & Mr Tim & Miss Audrey
	Guitar Groups with Mr Hafiz
	Clarinet Group for ALL Learners with Miss Kit
Thu	Senior String Group (Violins, Cellos) with Mr Mervin
Fri	String Orchestra with Mr Steve & Mr Mervin

What a Knight!

Wednesday 3rd June @7pm

A castle full of colourful characters join in the fun, including dizzy princesses, a talking dragon - and not forgetting Merlin and his magic mirror! When young Watt Cobblers is expelled from Knight School, he reluctantly becomes Merlin's new apprentice. But trouble is never far away, and soon Camelot Castle collapses into chaos. Merlin has lost Excalibur, King Arthur's daughters have been kidnapped and his brave knights have turned into chickens. Watt and his newfound friends Dusty Dragon and Princess Alice set off on the biggest quest of their lives. But can our unlikely heroes rescue the princesses, save Excalibur and defeat the evil Black Knight? Who knows? The only way is to come along and enjoy a show where everyone is guaranteed to sing a lot, dance a lot and laugh a lot... at Camelot! What A Knight to Remember!

The Rocky Monster Show

**Wednesday 10th
June @7pm**

A musical that's rich in gothic horror with elements of humour, this Rock 'n' Roll show is a riotous mix of the Addams Family, Young Frankenstein and Phantom of the Opera, with Rebecca and The Rocky Horror Show thrown in for good measure! Rebecca Shelley and Daniel Stoker arrive at Fenton Castle one dark and stormy night. Baron Frankenstein's descendant, and ex-pop star turned professor of Genetics, creates DNA moulds of people in his computer. He's been busy in his lab creating life in the form of Mungo and Elsa, The Superbs and even a clone of Elvis Presley! The nosy Inspector Baskerville appears at the castle and tries to unravel the mad professors evil plans, but the straight-laced Mrs Danvers has other ideas for Dan and Rebecca.....

Ye-Ha!

**Wednesday 17th
June @7pm**

"Ye-Ha!" squeezes all the fun and adventure of the wild wild west into a wonderfully wild musical comedy. Something stinks in Splodge City - and it ain't the drains! Mad Dog McNut and his gang are running wild and Wilbur Hubbard, cowardly cook at the Fourdoor Saloon lands the job no-one wants - Sheriff of Splodge. Luckily for Wilbur, Billie-Jo Brisket and her faithful horse Lightnin' roll into town to lend a hand, and suddenly the race is on to save the town. It's a routin- tootin tale of crazy cowboys, barmy baddies, masked heroes and hidden gold! Packed full of fantastic songs you'll be humming all the way to the county jail!