

CONNECT 16

15 Dec Issue, Term 1 (2015-2016)



NEXUS
INTERNATIONAL
SCHOOL
PUTRAJAYA

International Award

Silver Practice Adventurous Journey

This weekend a group of 15 Nexus learners took part in a practice event in preparation for their assessed expedition at Silver level of the Duke of Edinburgh's International Award. Their chosen mode of transport is kayaking and the group have been attending lunch and after school training sessions in our school pool learning basic paddle strokes, getting confident with balance, bailing out & re-entry & safe portage techniques

Over three days they have taken part in route planning training, emergency response first aid, effective preparation of kit, team building activities and of course kayaking! All this whilst preparing and cooking their own meals. Tents were the accommodation of choice

On Saturday we met with Gold level participants from Alice Smith school to undertake further training drills and a 10km paddle from Kelab Tasik Putrajaya to the Watersports centre and back on Putrajaya lake.

On Sunday, after an early rise, all took part in a longer more taxing 15km loop around the island on which Putrajaya city centre sits.

The weekend was finished off with a session on knot tying and a final debrief before all crawled home happily to hot showers, comfort food and bed.



Be healthy this holiday

Just because it's the holidays and a time to celebrate the end of the year, it does not mean we all need to eat lots of junk and forget to be active. Use the break from school to get off the laptop and get active.

The holidays are finally here, and that should not mean bad diet, no more fitness and six-hour TV marathons and Premiership football. With good planning and some self-discipline, it is perfectly possible to enjoy a happy holiday and enter the New Year feeling fit.

One of the biggest barriers to exercise is lack of time, a break from school and class can provide the ideal opportunity to begin or maintain physical activity. Staying active over the holidays not only reduces your chances of gaining weight, it also helps energise you, reduces stress and gives you a break from your daily chores.

The holidays are a great opportunity for you to adopt a new healthy habit for example swimming or even going for a daily jog. One recommendation I would strongly advise would be to have a healthy breakfast each day. Research shows breakfast is the most important meal of the day in terms of nutrition and health. Perhaps over the holidays you could have fruit for breakfast, this would contribute towards your recommended five portions of fruit and vegetables a day

A great way to get your physical activity in is first thing in the morning. Exercising first thing may entail getting up a little earlier than normal, but it does ensure that you get your workout done before other commitments get in the way - and it will kickstart your metabolism for the rest of the day.

While it would be rather depressing to suggest that you don't have any treats and extras over the holidays, you can choose to be more healthy by selecting your food more carefully. Try choosing healthier treats like dried fruits or nuts instead of crisps and chocolate.

If you need any tips or guidance on your fitness or health please contact a member of the PE team at any time.

Paul Beattie

Canadian University Fair

Monday 18th January 3pm-4pm, in the IB Common room

Year 10-13, PARENTS ARE WELCOME (and encouraged to attend)

MINDFULNESS for learners, staff and parents

Tips for practising relaxation during the holiday

By way of a follow up to the Mindfulness workshop last week, the Humanities Department have worked on some meditation practices with their Year 9 groups.

This is exam tips for meditation

Then there is a 15 minute guided meditation

15 Minute Mindfulness Relaxation Exercise

This Mindfulness Relaxation Exercise is 15 minutes in length. Designed to help students increase Mindfulness and to have the ability to relax both body and mind. They recommend downloading the resource and playing the audio. This will help to focus your mind.

These are quicker:

1 minute themed meditations

5 minute meditation - stress relief

FINAL ASSEMBLY

Term ended with a fantastic final assembly led by our Year 10 learners. The running order included music from the secondary school choir, with some primary singers our IB Music learners Danny (on piano) and Irfan (on bass guitar), the school string ensemble also with three primary learners also playing, two dance performances from Xin Yi, Wen Wei and Farhah and a solo from Christina Naidu, a controlled and masterful tai chi display from Randy Chin, all rounded off with a cool rendition of Ed Sheeran's Little Bird by Kee Vern.

We were taken on a quick review of the term through the lens of sports, art, the Year 12 CAS Trip, boarding, a service project (the 24 Hour Run) and some award highlights. Ryan Lee gave an insightful, moving and personal account of his Experiment in International Living experience in South Africa as well as his vision for the new organisation called "Speakers Corner".

At the end, Ms Alison bid a fond farewell to all leavers this term, with a special mention to Mr Trevor our beloved Director of Boarding.

Happy holidays.

Christmas Curriculum Day in Secondary

An exploration of symbolism, consumerism and more.

T'was ten days before Christmas and all through the school,
was a buzz of excitement because holidays rule!
The corridors hung with decorations all around
and the festive spirit could see no bounds

The learners were buzzing and ready to see
Why baubles and tinsel are hung on a tree
Why are there stars hanging all out?
What is that Nativity thing all about?

These questions and others we aimed to address.
Is Christmas more than just shopping and stress?
How did the symbols we still have today
Come to be used to celebrate Christmas Day?

Exploring the reasons why people believe
That a man and his reindeer will come Christmas Eve
That presents will appear under the tree
Do all people have faith in things we can't see?

And the Santa we see, dressed in red, head to toe?
Is that just to match the coca cola logo?
Has Christmas been hijacked by capitalism?
Or can we claim it back with plenty of altruism?

What does Christmas look like in countries of the World?
Do people really eat pudding and cream that is swirled?
What and when do they eat in England and Brazil?
What delicacies brim on your plate to overfill?

Or should we change what we traditionally eat
and swap the turkey for a different kind of meat?
How do you think people would feel
If we suggested a more sustainable meal?

And should all the films we watch on TV
show families that are happy with presents under a tree?
We think we can do better with our honest interpretation
I bet you can't wait to hear our narration?

Christmas has concepts just ripe for exploring
A day spent on holidays certainly wasn't boring
And now the day's finished, it's just left to say
"Merry Christmas to all, and to all a good day"

Ainslie Dann and Sarah Phoenix
Years 7-9

Drama Coursework

Today we performed the monologues for our Drama IGCSE Coursework. I did an extract monologue by Jake Rosenthal called P'Tang Yang Kipperbang and Vicky did an extract called Demon from the play 'The Holy Ground' written by D. M. Larsson.

Overall, I felt that we did very well and we'd like to thank our lovely audience who took their time to come and give us support. Thank you again.

Danish (11E), Vicky (11N)

Congratulations to Danish and Vicky who both performed above and beyond their expected levels. I am so proud of your efforts.

Ms Amy



Boys Football

On Saturday Nexus boys Under 13s football team won the Southside football competition. The boys played eight games and won each game. Nexus defeated AISM in the final 6-0.

Well done to Marc, Rasmus, Kasper, Adam, Eihab and Azhim. Eihab was the top scorer of the tournament scoring 15 goals and Azhim was nominated as player of the tournament.

Thank you to all the boys for playing and to the parents who came along and supported Nexus!



U13 Boys Basketball

12th December at ISKL

The boys were struggling for number son Saturday and were helped out by many of the U11 squad. Many thanks goes to Andy and Alex Kim, along with Zaim and Aidil who really pushed themselves to challenge against the older boys.

The first game got off to a slow start with the score ending 0-0 at half-time. Dickson however managed to conjure up a little bit of magic and put the boys into a 4-2 lead before extending that advantage 6-2 with a nice drive and lay-up. The game ended 6-5 to Nexus in a very even contest with ISKL Yellow team.

The following game the boys looked tired and were outclassed as they faced a physical and talented ISKL Gold team. The boys lost by 18 points but should be proud of their battling performance.

The final match-up was against another big side in ISP. The game ended in defeat for Nexus but not before our lads gave them a tough ride, tiring in the last 5 mins and conceding points to sloppy defending.

Well done to all the boys especially the Year 6 boys who stepped-up.

Andy Smith
PE & Sport



U13 Girls Basketball

12th December at ISKL



The girls got off to a fantastic start this weekend by beating ISKL Yellow by 30-2 in their first game. Our girls capitalised on some sloppy defending were able to keep the scoreboard moving.

The second game saw the team come up against a very talented ISKL Gold team who punished every little mistake we made in a very clinical performance. The only thing to take from that game was that we need to use a wider range of passing and not become predictable.

The girls buoyed by their performance in the first two games really took it to a strong and very tall ISP team. Despite the size difference our girls controlled the game by moving the ball around the court quickly, leaving the ISP defence dizzy. The strategy of using bounce passes to negate the height advantage paid off and we looked dominant.

Despite the overwhelming amount of possession Nexus enjoyed, we failed to convert that into points and eventually lost 10-4. Shooting practice in Term 2 is a must!!!

Well done to the girls. A really enjoyable morning of sport.

Andy Smith
PE & Sport

U15 Girls Basketball

12th December at ISKL

On Saturday, December 12th 2015, the U15 girls basketball team competed at ISKL against ISKL Blue and Yellow, and ISP for a friendly match in preparation for next term's competitions. Each game lasted for 45 minute and consisted of two 16 minute halves.

The first game against ISKL Yellow was very energetic, as it was our first match together without the support of year 11's. We were leading by 4 points. However, as the game progressed, our energy slowly faded due to lack of players and training with each other. As a result of this ISKL Yellow won the game.

Our second match was against ISKL Blue.

We started off weak but gained strength during the last minutes. Even though we lost, we performed better towards the end because our attack enhanced. Nevertheless, there was not enough time to catch up with ISKL.

The last match was against ISP. This was the most intense game; however, the score was close. Nexus came out as strong with the support of Coach Woon, Jack and the U15 Boys Basketball team. We gave it our all and was determined win at least one game for Nexus. We finally worked collaboratively and understood each other's positions. Our offense and defense were powerful. For this reason, Nexus took the victory.

Tina Baki
PE & Sport

