

SIS MATTERS



PRINCIPAL'S MESSAGE



PRINCIPAL

Heath Kondro

heathk@sunway.edu.my

Parents, Guardians and Students,

This is certainly one of the more unique times in the history of Sunway International School and obviously globally as well. The Covid-19 virus and the subsequent Movement Control Order measures that have been implemented to prevent spread within Malaysia have forced every sector of society to adjust and change in a multitude of ways. For any school, the adjustment presents a big challenge to everyone involved.

Formal online classes take many months to develop and it is not as simple as turning on a webcam and doing classes as usual. Everything from content presentations to assessments are always completely different than in a traditional class. Yet, with our preparations and a motivated staff, we've been able to handle this shift very well.

Tech Coaches continue to support teachers. Teachers are working within their departments to coordinate their efforts and share best practises that they find useful. Students seem to have adjusted quite well too. I am quite curious to know what the parents and guardians have noticed as their child works from home.

I'm certain there has been no shortage of interesting moments as parents watch technology in action or trying to help their child with their subjects (I'm remembering a moment in the movie *The Incredibles 2* where the father struggles to help his son and finally reaches the breaking point of "how can they change Math?!?!? Math is Math!"). Regardless of the challenges and issues that are arising from time to time, it is important that we keep in mind that this new reality will not last forever and there will be a new normal where we can again be face to face with those we are currently separated from.

I hope that everyone is healthy and taking care of themselves and others during the MCO and I look forward to seeing everyone back at SIS, hopefully some day soon.

A handwritten signature in black ink, which appears to read "Heath Kondro".



DEPUTY PRINCIPAL

Michael Owen

michaelo@sunway.edu.my

I would like to begin my message with a very large and heartfelt thank you to the staff and students at SIS. Over the past few weeks, our worlds have been turned upside-down due to the COVID-19 pandemic and the Movement Control Order (MCO) by the Malaysian government. We were quick to adapt new learn and work from home measures and in a relatively short amount of time, SIS has continued instruction over many new applications such as Google Hangouts and Zoom. We are continually exploring and learning new options to help support our students in meeting academic requirements in these extraordinary times.

As such I would like to dedicate my portion of April's newsletter to focus on the well-being of our students. Learning from home is very different from learning in school and while our students may continue their studies and assignments at home, we must do what we can to sustain and improve our physical, mental, and emotional well-being. School Mental Health Ontario has recommended the following activities to promote positive well-being in our students and children:

- Focus on healthy habits and routines. Some of the things we do for our physical health, like getting enough sleep, eating well, exercising and minimizing screen time, are also good for our mental health.
- Do things you enjoy as much as you can. Even if you aren't leaving your house much, perhaps there's a hobby you used to really like that you could try again. (p.s. what makes you happy may not be what others find fun, and that's okay!).
- Notice the good things. It's easy to get caught up in the negatives that happen in life. Instead, look for the positives each day, even in situations that might seem bad, like a pandemic. For example, there are a lot of stories about people helping neighbours and spreading positive messages.
- Smile. Even when you don't feel like it. Just the act of smiling can help us feel better. Keep a hopeful heart.
- Stay connected. Even if you're stuck at home, you can still maintain social connection. Chat with your family members. Call a friend or video chat. You could try a group video chat with multiple friends. Remember, your friends and family are in a similar situation as you so you can lean on each other.

School Letter Awards

It is with great pride that we can continue to see School Letter Awards being sought after by our students. By participating and demonstrating excellence in academics, community service, athletics, co-curriculars and the many events held at SIS, our students continue to collect points that demonstrates the values that SIS embodies: *nurturing minds, building character*.

This semester we were proud to recognize our winners of the SIS School Letter Award. Congratulations **Carina Anne Gnanou, Tham Chun Hong Jonson, Roshni A/P Jeyaraman, Allister Yap Ke Min, Jeremy Ng Yi Wei, and Bryan Goh Min Wei** for earning the letter award and top-tier trophy.

Congratulations **Khaw Wei Ni** and **Harith Bin Hashim** for earning the letter award and the mid-tier plaque. Finally, congratulations to **Darren Cheah Zhen Yong, Dilpreet Kaur Sidhu A/P Jasvir Singh, Chang Yan Han** and **Lee Juho** for earning the letter award. Please continue to shine and grow with your outstanding contributions!

This award is considered the most prestigious award an SIS student can earn and therefore includes all aspects of student life – including community involvement and extra-curricular participation.

ACADEMIC
COORDINATOR

Nathan Shier

nathans@sunway.edu.my

IBDP
COORDINATOR

Mark Milberg

markm@sunway.edu.my

In January, our IBDP graduates received their final grades from the International Baccalaureate Organization and they were the best results in the history of our programme. Every student exceeded our expectations and every student earned a full diploma. Particular acclamation goes to **Wee Su Fen**, who finished with 41 points and **Tham Chung Hong Jonson** and **Yap Wei Ping**, who finished with 40 points. 87% of our students were above the world average.

Later this month, our Year 2 students will register for their final, **November** exams and over the next few months, they'll be putting the finishing touches on their extended essay, Theory of Knowledge essay and the independent research assignments that play a key role in each of their 6 courses. IB exams, like A-levels exams, are designed by an exam board and every student in the world writes the same exam at the same time. These exams, as well as all of their extended essay, Theory of Knowledge essay and researched assignments are marked externally.

An amazing, and truly international, batch of Year 1 IBDP students joined our programme in January. During the next month, they will decide which 3 courses to take at the Higher Level, and which 3 to take at the Standard Level and they will choose topics for their extended essay and begin that research. They have all begun planning their Creativity, Activity and Service (CAS) projects, with the support of our full-time CAS Coordinator, **Hanisah Zolkifli**.

In March, the Year 1 IBDP students from SIS Sunway Iskandar visited our campus and joined our IBDP students for a seminar on university applications. In addition, the SIS Sunway City Year 2 students gave them advice on strategies for the coming two years. Earlier this semester, Mr. Brothers took the students in Environmental Systems and Societies to Bukit Gasing to collect environmental data for their research projects. Next semester, those same students will continue their research in Langkawi.

Mah Meri Cultural Village Visit

73 High School students went to the Mah Meri Cultural Village in Carey Island, Selangor on 24 February. Students learned about one of Malaysia's indigenous groups, their history and culture. Students visited the Cultural Village and on-site museum, and met members of the Mah Meri Community. They were welcomed with an exciting mask dance, played traditional games, learned how to make traditional palm leaf origami, and even took part in a mock wedding ceremony.



International Women's Day



In conjunction with the International Women's Day, SIS Activism club had organized the "Working Women Talk: Working Towards Gender Equality" on Friday, 13 March.

The panel speakers were **Linda Donohue** (Former IT Manager), **Chantelle Picanco** (Teacher and Educator), **Ester Tan Hwee Eun** (Personal Fitness Trainer), **Kylie Denis** (Yoga Instructor and Founder of Omology Studio), **Siti Farhana Sheikh Yahya** (Presenter at Astro Awani), and **Nadirah Karim** (Associate Manager at Astro).

The speakers answered some of the burning questions on **Gender Equality at Workplace**, and how they overcame the challenges.



Honorable Mention Award Recipient

Congratulations to **Erynne Lorraine Sutanto**, SIS Grade 12 student for receiving the **Honorable Mention Award** in the recent **Asia Youth International Model United Nation 2020** held at Sunway Putra Hotel, Kuala Lumpur. Keep up the good work Erynne!



Ashley Tan
MSSD (Cross Country)
U15 Girl's : Gold
MSS Selangor (Cross Country)
U15 Girl's : 2nd Place
MSS Selangor (Track and Field)
U14 Girl's : 4th Place



Arniesh Chai
MSS Selangor (Swimming)
- 100m back stroke : 2nd Place
- 50m butterfly : 2nd Place
- 50m freestyle : 3rd Place



Ram Kumaran
MSS Selangor (Golf) Tournament
15th Place



Joelle Phuah Rou-Ern
MSS Selangor (Squash)
6th Place

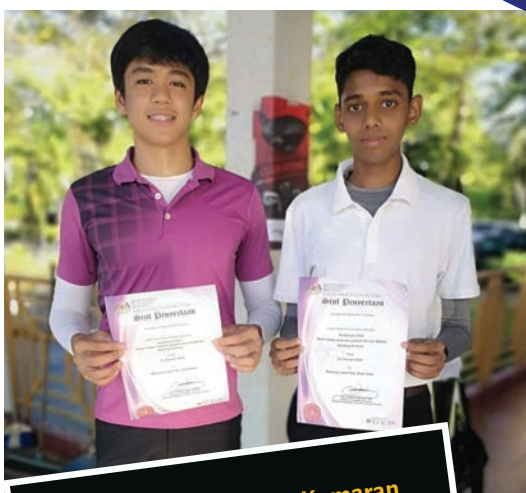


Cherry Yeo and Lee Wai Xin
MSS Selangor
(Rhythmic Gymnastics)
Junior : 3rd Place



Edward Liew
Dualthon
U15 Boy's : 10th Place

CONGRATULATIONS



Arniesh Chai and Ram Kumaran
MSS Selangor (Golf) Tournament
Qualifier



Noel Bekbauov
MSS Selangor (Chess)
U15 Boy's Team : Silver
MSSD Petaling Perdana (Chess)
U15 Boy's Team : 6th Place

Tee Yen
is the first non-francophone student
from SIS to study in a bilingual French/English
university.



Tee Yen

SIS Class of 2018
Currently Studying Environmental Studies
at the University of Ottawa, Canada

Tee Yen studied the IB Diploma Programme during her last 2 years at SIS. She was highly involved in a variety of extracurricular activities offered at SIS: touch rugby, peer tutoring, Dungeons & Dragons, and poetry slam.

Why did you decide to study in both French and English?

I am passionate about languages (reading and writing). I won the "Languages Proficiency Award" in November 2018 for my high academic achievements in French & English classes and I won several poetry slam competitions while studying at SIS. I did very well in all my French classes. My French teacher over my years at SIS, Mme Talbot, was always pushing me to work to my full potential and she truly believed in me. She suggested I pursue my studies in French. She told my parents and I that the University of Ottawa offers bursaries to international students if they study in the French/English bilingual program. If I pass the French placement test and join the bilingual program, I pay the same fees as a Canadian student.

How many classes do you have to take in French vs English?

I have to do 60% of the program in French, which means, 3 classes in French per semester.

How is your experience so far?

I sometimes feel outcasted because while I'm not only non-francophone, I'm also the only international student in my program. I believe the first year is the hardest. I need to record some of my courses and re-listen to the professors once I get home. It's a lot of work and effort, but it is also rewarding. I'm learning to be out of my comfort zone, to be perseverant, and determined. I also know that when I graduate, my level of French proficiency will be great. I could work in Canada or in any French-speaking country. It is going to be worth it.

What is your most memorable souvenir so far?

My friend and I went to Montréal in Québec at the end of December. Montréal is only a 2-hour drive from Ottawa. I was able to see where my Mme Talbot is from and all the places she was telling us about in our French classes. I went to see the beautiful Basilique de Notre-Dame, l'Oratoire Saint-Joseph, and le belvédère du Mont-Royal. I skated on the external ice skating rink in Old Montreal and I even tasted the famous "poutine" at La Banquise. I got to practice French as well. The weather was very cold, but I really enjoyed it. Next time, I want to go to Québec city.

Merci beaucoup et à la prochaine SIS!

Carina Gnanou

SIS Class of 2019
Currently Studying International Engineering Programme at the Grande
École d'Ingénieur(e)s ESIGELEC, France

Carina joined the Canadian (Ontario) programme at SIS in 2016 and progressed into the IB Diploma Programme in 2018 - 2019. She was chosen as the Valedictorian of her class. Carina was and still is passionate about reading, writing, drawing, playing classical guitar, dancing Indian classical dances, and playing various sports.

How much experience with the French language did you have prior to applying to this French university?

I took 4 years of French classes with Mme Talbot in Grade 9 all the way to IB DP Year 2 and I also completed my B2 level in French at the Alliance française of Kuala Lumpur. The university is also offering an intensive French program to all international students prior to starting the program. We will learn all the specific terms we need to know in the Engineering program to better prepare us.

Why did you want to study in France?

It is a dream of mine. My dad's cousin lives in France and every time I saw him, I was practicing what I had learned at school with him. My parents, my uncle, and Mme Talbot, saw the potential in me and encouraged me to keep practicing and to do better. I have always enjoyed the French culture and I thought it was a good opportunity for me to continue improving the language of Molière.

What scares you the most?

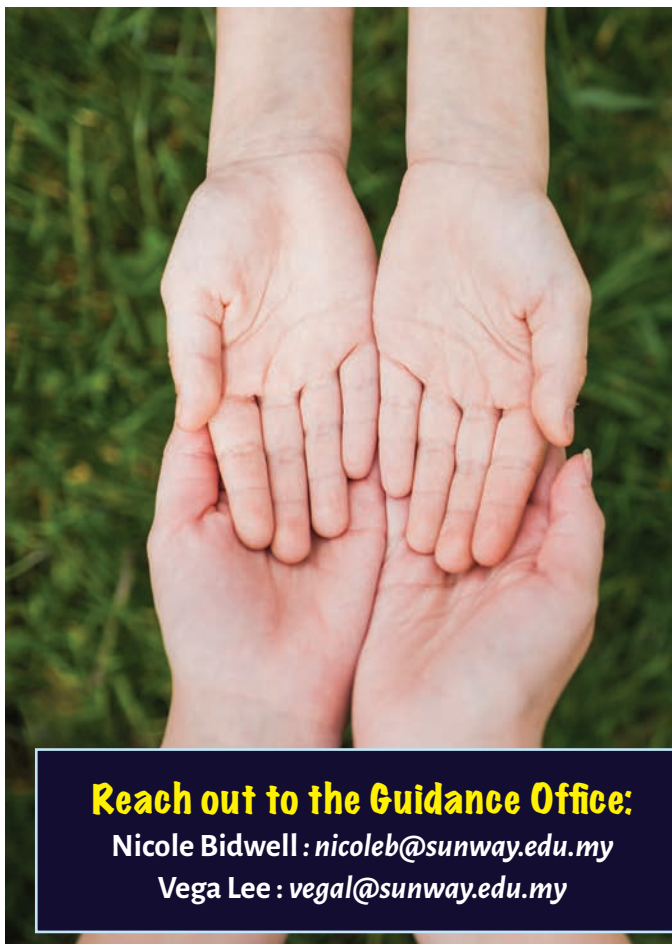
I have never lived in a country where they have winter, so I'm worried that it will be too cold. I bought some warm clothes and brought to France with me. I'm also afraid I will miss my Mom's delicious Indian dishes and Malaysia's food. I hope I will be able to maintain good grades even though I'm studying in my second language.

Where are you living in France?

I will be living in the school residence. The building is called "Les belles années (The good years)" so I hope it will be my fate. I have my own bedroom, a kitchenette, and a bathroom. The university is situated in Rouen in Normandy province, an hour away from Paris. There is a tramway that I can use if I want to explore more of my surroundings.

**Carina is making history
at SIS as she is the first
non-francophone student to study at a French
university in France!**





COVID-19 Wellness

How to Manage Your Mental Health During MCO

Be kind to yourself

Get proper rest and sleep

Accept that some anxiety and fear is normal

Moderate caffeine intake

Practice relaxation and meditation

Stay active

Reach out to the Guidance Office:
 Nicole Bidwell : nicoleb@sunway.edu.my
 Vega Lee : vegal@sunway.edu.my

INTRODUCING THE NEW MEMBER OF PARENT COUNCIL EXECUTIVES YEAR 2020



Chairperson : Elizabeth Wong

Secretary : Joy Gan

Treasurer : Maggie Chin

Middle School Representative : Oh Seungmi, June Yee, Juri Suzuki

High School Representative : Anne Ang, Jasmine Jang, Meria Rosman, Janice Choo

Interested to Volunteer?

Email us at:
parentcouncilsis@imail.sunway.edu.my

GET TO KNOW YOUR NEW HS STUCO

Teacher Advisors : Mr. Terrance Tam, Ms. Myriam Lacerte, Ms. Maggie Zhu

1. **President :** Bianca Lim Shyin Yii (Grade 11)
2. **Vice President :** Zoe Tay Shiao Shuen (Grade 11)
3. **Secretary :** Pouria Tolouei (Grade 11)
4. **Editor :** Renee Marie Joseph (Grade 9)
5. **Treasurer :** Tyler Choy Kok Weng (Grade 11)
6. **Publicity Officer :** Aaron Kaam Yeong Jienn (Grade 10), Shimba Onishi (Grade 11)
7. **Arts Representative :** Kim Bandi (Grade 9)
8. **Sports Representative :** Lee Chia Khai (Grade 11), Zhang Long (Grade 11)
9. **Social Action Representative :** Merissa Rosman Lai (Grade 11), Lim Seohyun (Grade 11)
10. **Hostel Representative :** Seo Yeawon (Grade 10)
11. **Grade 9 Representative :** Edward Liew (Grade 9)
12. **Grade 10 Representative :** Eng Gelson (Grade 10)
13. **Grade 11 Representative :** Jason Nataniel (Grade 11)
14. **IB Representative :** Yap Zhi Qian (IB Year 2)
15. **Student Council Advisor :** Jonghyun Sohn (Henry) (Grade 11)





Click! Click! Click!

MCO Edition



RM500*
rebate for
July 2020
enrolment

T&C apply



Scan to book an *e-Chat!*

Upcoming Events:

18 March - 12 May

27 - 28 April

24 - 25 May

1 - 7 June

2 June

12 June

16 July

#StayHome #MCO

e-Parent Teacher Interviews

Eid Holidays

e-Open Day

MS Last Day of School

January Semester Ends

July Semester Starts

SUNWAY
COLLEGE



SUNWAY
UNIVERSITY



**Progress to SUNWAY
DIPLOMAS, DEGREES,
AND POST GRADUATE
STUDIES
and ENJOY...**



RM1,000
Waiver of
EMGS fee*

**10% waiver
of tuition fee
with your
Sunway Pals
card***



+603-7491 8622

int_admin@sunway.edu.my

* Terms and Conditions

- Applicable to INTERNATIONAL STUDENTS ONLY.
- EMGS fees waiver applies to international students progressing to the next level of study in Sunway College or Sunway University.
- Sunway Pals 10% waiver of tuition fees does not apply to AUP, ADTP and Post Graduate Studies.
- Waiver is a one-off benefit and not transferable or exchangeable for cash.
- The Management reserves the right to change terms and conditions without prior notice.

Jeffrey Cheah
Foundation
Nurturing the Seeds of Wisdom

Contributors:

Lim Yong Bin
James Lahey
Marie-Josée Talbot-Provost
Vishnuu Prakaesh

Lim Ann Lay
Joe Sauro
Maggie Zhu
Vega Lee

Bianca Lim Shyin Yii
Terrance Tam
Nicole Bidwell
Ryan Brown

Editorial Team:

Low Fun Fun

Shahina Shahar

Atikah Zainal A'abidin

SUNWAY INTERNATIONAL SCHOOL BUBJ001

A member of the Sunway Education Group

T. (603) 7491 8070 E. info@sunway.edu.my W. sis.sunway.edu.my

A. No. 3 Jalan Universiti, Bandar Sunway, 47500 Selangor Darul Ehsan

Owned and governed by the

Jeffrey Cheah
Foundation
Nurturing the Seeds of Wisdom