

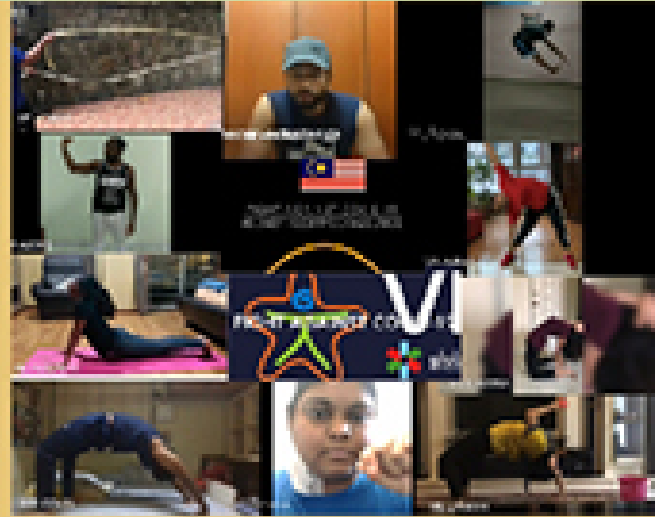


VALLEY INTERNATIONAL SCHOOL  
MALAYSIA CAMPUS

# NEWS LETTER MAY to JUNE 2020

## Bend the Curve Challenge

Recently, the PE department initiated a cause to break the COVID-19 infection chain which has spiked rapidly since it started. 'Bend the Curve Challenge' (#bendthecurvechallenge) project involved the VIS teachers recording short clips of themselves making a curve based on their own creativity. As we all know, it is important to bend and flatten the curve to win the battle against COVID-19. Thus, all short clips were compiled into a video in support of the Malaysian Government and the frontliner's efforts. The curve symbolises Malaysians' efforts in reducing the number of infections in order to have zero new cases which will result in a flatten graph. Living in the new norm does not mean depriving oneself from freedom, instead it is an opportunity to recollect one's thoughts and seek for serenity in life.



## Labour Day!



As the saying goes, 'Without Labour Nothing Prospers'. So, as a token of appreciation for all the labourers across the world, we celebrate Labour Day. It is an annual public holiday in various countries and it is observed every year on the 1st of May to pay tribute to the workers for their contribution. In Malaysia, we usually treat this day like any other off day and we take advantage of this public holiday to spend time with our families. Parents and kids

indulge in family-oriented activities, some may catch up with their friends and the shopping malls in Malaysia will be bustling with people enjoying their resting day. But, this year's Labour Day took on a different meaning for many of us who are under the strict law of Movement Control Order (MCO), as the Covid-19 pandemic continues to threaten the world. While most of us are being told to stay at home and to practice social distancing, our frontliners are devoting their time and energy to contain this pandemic. They are risking their lives for the safety of the nation. So, what can we do to help them in return? All we have to do is, follow the protocols and guidelines that are set by the government to overcome this global pandemic. "Let us stay together to fight against this battle along with our COVID heroes".



## The emergence of online learning for ALL.

By, Ms. Malini

Prior to Covid-19, the term 'online learning' was associated with distant learning that enabled adult learners to pursue tertiary education according to their flexible time. The height of this pandemic has brought the teaching and learning to be narrowed to remain only by virtue of 'online learning'. All educators approach this new paradigm with varying steps of interest and concern.

After months into this, are you optimistic or sceptical about Online Learning?

This trending 'new norm' teaching method has its pros and cons just like any new ventures or rather adventures. Let me begin with the positive side of the virtual learning that I have experienced so far, as a teacher. Virtual classes are accessible anywhere, at any time, at any pace with a rather creative teaching method. Students regardless of age have to pursue their education with the help of gadgets and devices with reliable network connections from anywhere in the world. Educators from all around the globe have accepted and implemented this teaching approach, thus, are constantly interested in knowing how delivering courses online can improve teaching and offer unique learning opportunities for our students. Feedbacks show that parents, whilst juggling with their work-from-home tasks as well as other chores at home, have been so actively engaged in their children's learning process.

While virtual learning has significant strengths, and offers unique accessibility to quality education amidst the chaos Covid-19 has created, there are weaknesses that create glitches. For instance, the bandwidth constraints as some users pay a fixed monthly rate for their Internet connection, while others are charged for the time they spend online. Another, is the computer literacy levels whereby both students and facilitators must have a minimum level of computer knowledge in order to function successfully in an online environment.

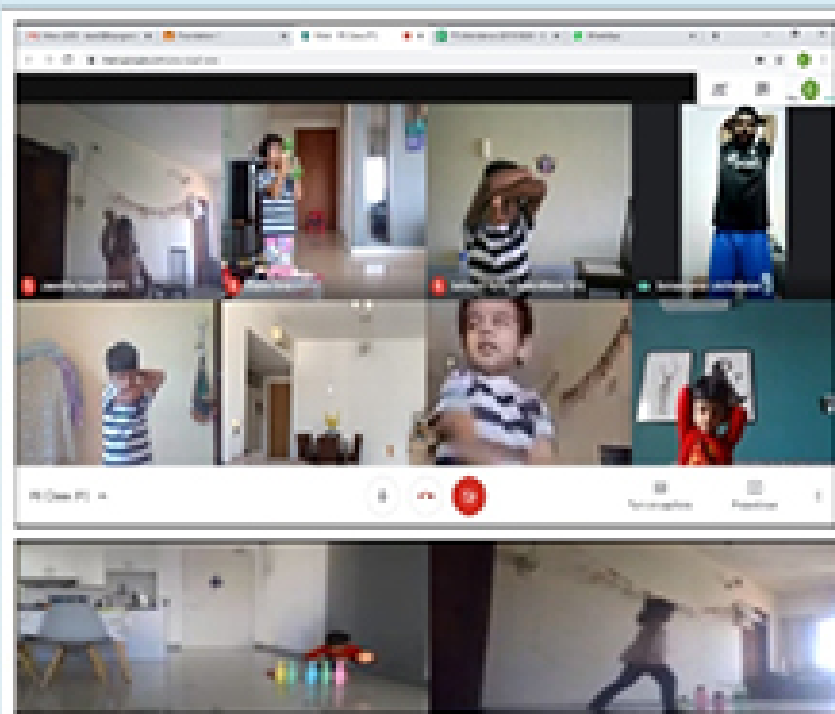
Having been through the strengths and weaknesses, it is indisputable that the present time is indeed a very exciting time for technology and education combined. Working hand in hand with a good support system can help educators, as well as our students to endure through this new education environment.



## Physical Education adaptation to Movement Control Order (MCO).

By, Mr. Colin

The PE Department has been working hard to provide students with quality online learning during these difficult and challenging times. All updates and weekly details of sessions are posted on their google classrooms. The sessions include various activities, ideas and challenges that are designed to accommodate limitations to space and equipment when exercising in their homes. Students attend live PE lessons once a week, led by the PE teachers which caters to students' fitness and skill acquisitions during the MCO.



These activities can be done more than once to enable students to improve in both fitness and skill. It also helps students to cope with difficult and stressful situations, both physically and psychologically. Parents and guardians also showed their support by participating in the activities and creating a fun learning experience for their children.

## A Year at A Glance. By, Mr. Ravi

The year went by in a blink of an eye. We started with 60 students in September 2019 and a year down the road, the number has doubled! Ever since the beginning, VIS students and staff of KL campus have been setting footprints tirelessly in creating memorable moments and celebrating cultural and traditional diversities. As the man behind the camera, I am privileged to closely witness the true melting pot of Asia. Reminiscing the year from my lense...

Then came Deepavali. A festivity which is celebrated grandly in this part of the world by the Indian community. Teachers took the chance to entertain the students with dance performances.



As a school, we held our first event in October celebrating 'Halloween'. Students came draped in unique costumes and popular characters. Boo-hoo!





We wish you a Merry Christmas!

Wow! With all the santas walking around, students had on smiles and santa hats!

There was also a visit from "santa", who distributed candy to all the kids! What more can we ask for?

I'm sure the 2 week vacation at the end of the year contributed to a part of the enjoyment too.

Kabadi, the traditional game, was also held by the PE department and participated by the students. What fun we had!

We welcomed the year of the rat in red, the lucky ('ong') colour for the Chinese community.

We are fortunate to be celebrating diverse cultures and traditions in Malaysia. This opens up opportunities for the students to learn as well as embrace cultural and beliefs differences.

Friends Forever!



So, there you have it. A year at a glance. In addition to all mentioned above, we also hold Student's Led Conference (SLC) every term where it gives the students the opportunity to present their understanding on topics learned. Apart from that, the students got the chance to show their talents during Science, Technology, Engineering and Maths (STEM) week and Language Festival too.

With the academic year almost coming to an end, I am hoping for a brand new start to the new norm in September 2020 to kick off the new academic year of 2020/2021. Hopeful for more cheers and recording of memorable journeys for VIS students and staff. Till then.

Sincerely yours,

The Man Behind The Camera

Sleep By, Ms. Leena

Movement Control Order started on 17th of March 2020, as a measure to curb and eliminate the infection of coronavirus. It was a great effort by the government to isolate everyone to stay at home and be safe.

Safety and the well being of VIS students have always been our main priority, hence we deliver lessons to them at the comfort of their homes through virtual classrooms. This way, they will not be missing out on the year's syllabus.



## Sleep is our growing time.

After we have been working, thinking, playing and doing all sorts of activity during the day, we start to feel tired. It is our brain's way of telling us that it needs some time to catch up on all the jobs that have to be done to keep our bodies working well.



When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an argument with a friend over something really silly. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument. This is why regular sleep is an important health habit.

### Why Do We Sleep?

We sleep to help our body and brain develop and grow.

#### Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

#### Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping! While children and adults don't need to sleep quite so many hours as those animals, our sleep is just as important. Our bodies need time to repair themselves after a hard day of work and play. Our minds need to rest and relax. Let's take a look at recommended amount of sleep that we need:

- Infants under 1 year: 12-16 hours
- Children 1-2 years old: 11-14 hours
- Children 3-5 years old: 10-13 hours
- Children 6-12 years old: 9-12 hours
- Teenagers 13-18 years old: 8-10 hours



You can see that you need less sleep gradually when the bulk of your body's growth is over. You may find that you need more sleep than normal when you are experiencing a 'growth spurt' because your body actually works overtime when you are growing quickly. In your growing years, you need to get plenty of sleep so that your body is full of energy to start your busy lives every day.

**YOU CAN BE YOUR BEST WHEN YOU GET ENOUGH GOOD SLEEP!**

## Dear Dads, We Love You! By, Ms. Zarith

Growing up as a daughter of a Police Officer and a Chief Midwife, I was accustomed to being cared for by either parent when the other had to work on night shifts. Getting my brother and I ready for school the next day or putting us to bed seemed like a never-ending affair when one parent was left in custody of the battleground alone. Despite the struggle, Dad had always had the constant desire to impress mum when he was left in charge, especially with his 'notable' fashion sense; not only trying to look his best in his tight fitting floral shirt with a button already giving its way at his protruding midsection to fetch her from the hospital but, making sure we looked 'fresh' out of the shower with drenched flat hair, white powdered faces and flip-flops were considered trendy in his grooming bible too. His perfectly aligned white teeth gleamed when his lips curved into a hopeful smile as his eyes caught a glimpse of his beloved wife sashaying towards the car.

"Mama!" called my little brother. He ran to her and embraced her voluptuous thighs.

"Hi, sweetheart," answered mum wearily caressing his wet hair with one hand and patting his back with the other. "Your shirt is wet and your face's blotchy. Flour or powder?" asked mum as she casted a glance at dad.

Quickly, the smile of hope disappeared and twisted into something quizzical. "Flour?" questioned dad, puzzled.

One early morning, twenty nine years down the road, a student walked into the classroom appearing comically fashionable. Her greasy hair was pulled into a tight and high ponytail with a blue scrunchy, tugging her round big eyes into slants. Her fingers kept smoothing her well combed hair as though it wasn't tidy enough. Her excessively powdered face was solemn and she was quiet. Curious, I sat down next to her.

"You look different today," I said, breaking the ice.

She smiled. "Yes, teacher. Dad tied my hair."

"Do you like it?" I asked instinctively.

"I'm getting used to it," she answered.

Dear dads, I have witnessed a thing or two. I can bravely proclaim that you are as equally as important as mothers. Sometimes, you are cornered to take up both roles and receive lesser ovation compared to your counterparts. Your love and sacrifices are irreplaceable. Not only that you are trying to be the best men for your daughters, but the best role models for your sons too. To live up to such high expectations can sometimes be a lonely journey. As a daughter, a mere 'thank you' isn't enough to express my gratitude and appreciation to all the wonderful dads across the globe for every single amazing thing that you have done for your children. Take it from me, a daughter of a poor father.

Happy Father's Day!

REMEMBER, YOU ARE AMAZING!



## How Students Perceive Online Learning? By, Ms. Shamala

As all of us are aware that schools across the country are temporarily closed due to COVID – 19 pandemic, however, this also allowed teachers and students to adopt online learning, it's also proven that we are adapting the 21st -century learning skills. Teachers have devised various ways to ensure teaching and learning can continue even while students are at home. We have heard many views from teachers about this online learning, I think we should also know what students think about e-learning. So, the Year 6 students of Valley International School have shared their perspectives and also they have stepped it up a notch and showcased their cooperation by standing along with their teachers to make this e-learning a successful platform.

### Lakshya

During this online learning, I grasped so many things, I learnt how to be independent and responsible. I really enjoyed the knowledge of computer technology to a great extent, I can clear my doubts at any time by keeping messages to teachers who clarify within time. I honestly appreciate my teachers for working so hard for us. Thank you to teacher giving me this opportunity to convey my online learning experience.

### Lakshmi

- As a student, my online experience has been interesting. What I like about this experience is that I have more time to talk to my family and call some of my friends. I get to do school work from home and I have time for self care. I like that I kind of get to choose which classes I should work on first and which I could wait to do after.

### Rishitha

- Online classes make us work independently.
- We have more comfortable learning environment.
- More interaction.
- Greater ability to concentrate.



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