



Diwali by Bhavishya

Festival of light is such a delight
Diwali, Diwali, Diwali, Diwali

Make your sweets
and get into your new clothes
Diwali, Diwali, Diwali, Diwali

Burst lots firecrackers
Diwali, Diwali, Diwali, Diwali

It is the day to celebrate victory
Diwali, Diwali, Diwali, Diwali

Listen to the Diwali stories
Diwali, Diwali, Diwali, Diwali

Enjoy this beautiful
festival of light
Diwali, Diwali, Diwali, Diwali
Diwali Diwali Diwali Diwali

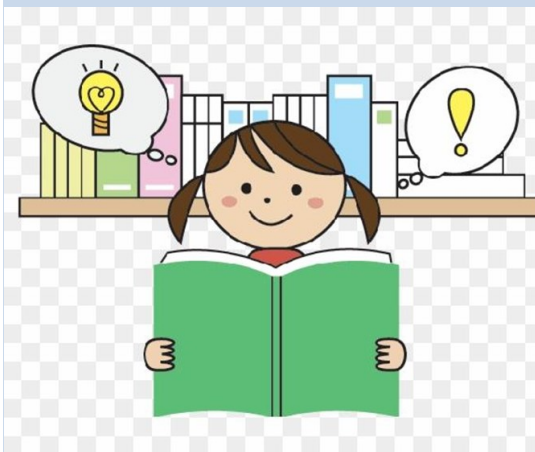
Grades do not define intelligence.

By, Ms. Shamala.

Let me begin with this significant phrase,

“Exam results don’t define you as a person”.

GRADES aren’t a reflection of intelligence or ability. Success doesn’t necessarily belong to those who are naturally talented, or from wealthy backgrounds, it certainly belongs to those who work hard. Albert Einstein once wrote, “Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” Grades don’t matter, when all things are considered. The goal of education should never be to get an ‘A’ or pass a test. Yes, straight A’s should be applauded but don’t always result in success. Success should be “graded” by one’s own feeling of their achievement and the ultimate goal of education is to spark a pursuit of knowledge in the student, so that they keep on learning as they grow into whoever they choose to be. Making the students obsess about grades or scores drains away all the joy of learning.



The aim should be to make students literate in all core subjects and fluent at a select few.

Being able to do something that your kids couldn’t do before or finding a new way of understanding the world is far more rewarding than any score on a piece of paper ever could be.

William Butler Yeast said it this way:

‘Education is not the filling of a pail, but the lighting of a fire’.

We all need Brain Breaks! By, Mr. Colin

COVID-19 has tremendously impacted the world with its virus spreading quickly worldwide and disrupting the lives of many. Countries all over the world have to impose temporary lockdowns to slow the spread of COVID and it affects the world's economy. Many industries such as transportation, tourism, sports, and the education sectors are badly affected as strict lockdowns are imposed by the Government. As a result, many people are restricted in carrying out their daily tasks and most are required to work from home. 'Work from Home' or 'WFH' is suddenly a new norm and this has led to an increase in inactivity.

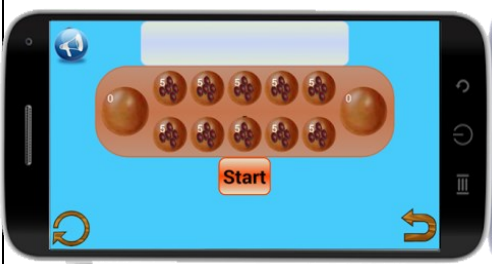
Although these steps are crucial to slow the spread of COVID-19, they can have a detrimental effect on psychological distress and other mental health symptoms, including anxiety creating stigma due to the uncertainty of virus exposure and stress from social isolation. Therefore, it is necessary to break between hours of work (recommended every 2 hours) as it helps to ease our stress levels. This can be achieved through Brain Break videos and apps that last between 8-10 minutes to promote better health and wellness through fun exercises and activities. Videos and Apps that consist of mini challenges, games and exercises around the world can create people's interest in learning new cultural activities and reducing stress levels. Furthermore, it also encourages Physical Activity as a way of being active throughout the movement control conditions. Hence, it is extremely important to maintain a healthy mind and body to cope with challenging times and build a strong immunity to fight infections and illnesses.

Links to few Brain Breaks activities:

<https://app.kiwi/apk/uk.game.papan.mainan.congkak/Congkak-Congklak-Games>

<https://www.chess.com/>

<https://playpacer.com/sudoku-online/>



Happy Deepavali, once again to all my family and friends. Deepavali is a celebration of lights to signify the triumph of light over darkness. (good over evil, knowledge over ignorance). Deepavali,

as usual, was celebrated at my home the same way as I remembered it.

In the morning, we took shower and cleansed ourselves with chiyakai, a traditional concoction of oil and refined sand. Legend has it that when the war was fought, the blood from evil had to be washed out with oil and sand. After our bath, we donned our new clothes. We then immediately went to our prayer room and prayed, and after that, we wished our parents and all at home a happy Deepavali.

A vast preparation of breakfast soon followed. Most homes will have an "open house" for family and friends to visit. But, alas! Not this year, due to government restrictions, it was a quiet celebration.

I visited my mom's house in the morning for breakfast, followed by my wife's aunt's house for lunch, and later her uncle's house for dinner. Our visits included munching on the "palagarm", which is the Indian savory bites.



All things considered, the celebration of Deepavali is in our hearts and minds. Given the restrictions now, we kept it on a low profile. But even so, we still made the best of it with our family and friends. Happy Deepavali, take care, be safe. God Bless!

-Ravi Mahadevan

Parenting VS Teaching.

By Ms. Zarith



When traditional schooling was in place, the process of education was quite simple. All you had to do is drop off your children to school and pick them up after, or make sure they got on and off the bus on time, as well as monitoring their homework schedule. However, over the course of second until the fourth quarter of 2020, this sounds like a long-lost routine for parents.

Due to the present moment, many parents have taken up a new role; teaching. Setting up virtual learning spaces across their homes for their children who are having classes simultaneously, is not only challenging but taxing due to the requirements of stable wi-fi connection, sufficient electronic gadgets and submission deadlines. Limited screen-time is enforced for the well-being of both students and teachers, hence more self-learning and parents involvement are required for a continuum of effective education.

As for me, I have added two more students (my children) to my students' list and an addition of a '24-7' mummy schedule with the above mentioned situations creates a grey area of the inseparable extremes of teaching and parenting. Standing on this grey area of being a teacher and a parent, I acknowledge the facts of both struggles as a teacher dealing with students and their parents, as well as the demand of my own children's educational and emotional needs. Since we've been at this for quite some time now, I've learned a few things which may be beneficial for those parents who are also working from home.

1. Set your own schedule and stick to it!

Set working hours and teaching hours. This way, you can focus on what needs to be done and your children will be more comfortable knowing there is a schedule to follow.

2. Choose a few online tasks to do everyday

By looking at the due date for assignment submission, you can plan for an extended learning session with your children. Use it to manage their learning time and subjects to focus on a particular day.

3. Do not interfere!

Although parental guidance is crucial for children's academic progress, note that active parents interference during virtual classes such as giving answers behind the screens, may cause your children to be highly dependent on you in completing tasks or assessments. This depletes their self-confidence which may be prevalent when they return back to school and we don't want that.

4. Own your chaos

Used to clean floors and arranged cushions in the living room? Let it go! Now, my makeshift 'classroom' floor is doubling as barbie's backyard. Sometimes, prioritising what's right in front of you is what you have got to do.

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Parenting VS Teaching. -By Ms. Zarith (cont.)

5. Have fun!

Quarantine is not a fun time. We all know that, but when possible take a walk with your children around the neighbourhood. Re-conduct a simple science experiment or take a break and go for Brain Breaks activities! (do read up on the Brain Breaks article) Challenge your children and you'll be surprised at how such grounding moments can benefit both you and your children. Can't do that? Yes, you can... or not. You can always try again tomorrow.

*Remember, when the going gets tough...
put a smile on your face and b.r.e.a.t.h.e!
We are all in this together. We got this!*

SYMPOSIUM.

By Ms Malini.

Every term, we teachers and the parents look forward to witnessing our VIS students showcase their talents through the SLC. However, this term, due to the ongoing pandemic, VIS had to convert the SLC into a Symposium. Once again, schools across Malaysia were forced to shut their doors and move students to the online learning platform. Therefore, our students were given sufficient time and guidance to prepare for the Symposium from the comfort of their own homes. Every student was required to do a presentation/recital for all the subjects such as English/Science/Maths/ICT/Hindi and GP.

The VIS Term 1-2020 Symposium started on the first week of November and will go on till the end of the month. The objective behind it was the same as for the Student-led conferences; for students to be invested in their own learning and develop a growth mindset, whilst promoting a school culture of engagement and growth and ask students to play an active role in planning their own learning. To that, the success of VIS Term 1 Symposium has proven that although we are

forced to deal with the uncertainty caused by the emergence of this pandemic, we at VIS have successfully adapted to the NEW NORMS of the newest teaching and learning methods. On that note, our greatest appreciation to the parents for dividing their time to guide and assist their children to make the Symposium a memorable one.

