

SIS MATTERS



**SUNWAY CITY KUALA LUMPUR
DECEMBER 2021**



Recognising Outstanding Contributions



SUNWAY
INTERNATIONAL
SCHOOL
Sunway City

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Jeffrey Cheah
Foundation 
Nurturing the Seeds of Wisdom

PRINCIPAL'S MESSAGE



PRINCIPAL

Heath Kondro

heathk@sunway.edu.my

Hello SIS Community.

We find ourselves at the end of another calendar year and academic term. While each of us faces, and hopefully overcomes our individual challenges, our collective challenges continue.

As a school, we continue to face and comply with ministries' mandates and safety procedures that directly impact how we administer our daily operations. We do so in the name of student and staff's health and well-being and while we face these challenges, I'm confident stating that we are still making a profound difference in the educational lives of all of our students. Our teachers have been able to exercise their professional judgement and create final CCT projects to replace final exams while still ensuring students are achieving their learning outcomes.

We began this semester with the theme of "Belonging". This is not something that can happen overnight as students and staff were not able to attend school physically for several months. However, I'd like to think that we made strides in this area.

The Student Council and other clubs and societies remained active. We held another terrific SIS Career Week for both SIS Sunway City KL and Iskandar Puteri campus and our guidance department has been actively supporting students in many ways. The Parent Council Executive has gone above and beyond in showing their immense appreciation for our entire staff and our internal Wellness Committee has continued to support teachers and other staff with various initiatives.

We remain uncertain about what 2022 will send our way but we can at least look back at the past 2 years and take comfort in knowing that students and staff have risen above the challenges that we have faced and we will use that experiences to help guide us in 2022.

On behalf of the entire staff of SIS Sunway City KL, I wish you all health, happiness and success as we conclude 2021 and look forward to another year ahead.

Thank You!



DEPUTY PRINCIPAL

Michael Owen

michaelo@sunway.edu.my

Looking back and reflecting on all that has happened in 2021, I must recognise the persistent impact that the global pandemic had on education. With a strict lockdown instituted back in May that persisted into the longest stretch of online teaching and learning yet, fatigue, anxiety and the perceived achievement gap remain at the top of conversations amongst all stakeholders in education. However, hope also remains supported by the vaccination programme reaching its full strength in the mid-year and the easing of SOPs in other sectors of the economy. Since March 2020, we have witnessed and participated in the greatest period of turbulence in education. While it is easy to become discouraged and disheartened, I am forever grateful for the hard work, dedication, and perseverance of our teachers, staff and students. Our teachers continued to work tirelessly on making the fully online or hybrid learning experiences as enriching and engaging as possible and remain dedicated to student achievement and success. The administration staff logged many late nights and long hours to roll out the vaccination programme for our students and coordinated with the local ministries to assist our international students' return to Malaysia. Last but not least, I am grateful to our students and their families for their continued trust and support of SIS. Your resilience and perseverance made all the hard work worthwhile and rewarding.

Now onto the end of year updates:

Congratulations to our third cohort of IBDP students for completing their exams. Our Year 2 students need to be commended for their efforts and strength of character throughout the past two years. Their achievement is made even more exceptional by the conditions over the past two years. The same can be said for our Grade 11 students who prepare for their transition into pre-university. Finally, our Grade 8 students who have persevered and demonstrated maturity beyond their years will celebrate their progression into high school. Everything our middle school teachers have done was to prepare our Grade 8s for the new challenges and opportunities in the high school. From the operations side, SIS maintains our strict adherence to the SOPs given to us by the Ministry of Education.

We are proud of how clean and safe our school is and it is all thanks to Mr. Keong and his team. We look forward to more updates from the MOE with the hope of good news on school operations for 2022.

What continues to impress me is that our community remains strong throughout the challenges over the past two years. I continue to be impressed by the efforts of all of our community members and all that they do to make SIS more than a place to receive lesson materials and homework. It is the people of SIS that make us so much more than the sum of our parts. I truly hope that 2022 will bring better news and that I can welcome more of our students to our classrooms come January.

Stay safe and enjoy your holiday!

Academic Office Updates

Kudos to our teachers and students for making it through another semester of online and hybrid teaching and learning. I am so glad that we were able to reopen for face-to-face classes before the end of the semester and hope to see more students attending their classes in-person in January. You have been missed at SIS!

To our Grade 11 students who will be moving on to pre-university programmes, we thank you for your contributions to the SIS community during your time at SIS and wish you all the best with your future studies. I also wish to thank Mr. Ayoun Basharat and Mr. Fernando Morales for their work as Science and Business teachers who have been adaptable during these ever changing times. Safe travels back to Canada or wherever your next chapter takes you!

Student Awards

The Leadership Award: Aaron Kaam Yeong Jiem & Judy Jeong Seoyoon

The Citizenship Award: Dillon Choo

The Arts Award: Haruka Fujii & Myra Rosman Lai Binti Mikail Lai

The Most Improved Student Award: Kim Chaehyun

The Languages Proficiency Award: Nyew Win Chie & Goh Zhi Xuan



**ACADEMIC
COORDINATOR**
Sylvia Kwong

sylviak@sunway.edu.my

SIS's International Baccalaureate Diploma Programme (IBDP) is currently accepting applications for January 2022 intake. Students who have completed the first semester or second semester of Grade 10, as well as Grade 11 students can apply to join this rigorous two-year Pre-U programme offered at SIS. IBDP only has one intake per year, so interested students should email me soon to get more information. Grade 9 students interested in joining IBDP in 2023 are also invited to speak to me to get advice about picking the right Grade 10 courses in order to prepare for IBDP.

Our Year 2 IBDP students wrote their final examinations in October and November 2021 and we're anticipating our best-ever results. Two of the students have already been accepted into university in Australia and the third is weighing offers from New Zealand and the UK. Our IBDP Year 1 students will write mock exams during the last week of November and first week of December.

This year, we introduced Friday afternoon consultations: an hour-long block each Friday during which time students book appointments with teachers to get help with homework, Extended Essay and the concepts being taught in their courses. These consultations have been a huge success and we look to expanding the initiative in 2022.

**IBDP
COORDINATOR**
Mark Milberg
markm@sunway.edu.my

Since 2021 marks our fifth year as an IBDP school, this year we've worked with the International Baccalaureate's Asia-Pacific office to complete an IBDP programme evaluation and self-study. On 22, 23 and 24 November, our teachers and staff met (virtually) with two IB educators (one from India and one from the Philippines) to reflect on our strengths and discuss future programme development. Earlier in the year, IB evaluated our implementation of the programme and found that all aspects of our programme meet, or exceed, their expectations. A full report will be issued in March and we look forward to celebrating our results when the report is issued.

Middle School Language and Cultural Month 2021

Middle School (MS) Language and Cultural Month was successfully organized this past September by the Language and Cultural Month (LCM) team, in collaboration with MS STUCO, the MS BM Homework Club and MS Cultural Club. There were many events hosted by LCM teachers' team and student committees, which were related to subjects taught in the classroom, such as Bahasa Malaysia (Malaysian Language), English, French, Physical Education, Social Studies, as well as Mandarin. In addition to that, the activities were designed to embrace the multiculturalism of students and teachers in Middle School, not only in the classroom, but outside of it as well.

One of the main objectives of this event was to cultivate the spirit of patriotism and to celebrate both Malaysia's Independence Day as well as Malaysia Day. In addition, the goal was to enhance the knowledge and understanding of different cultures and to help students develop essential skills in communication and writing. Students were also able to apply what they have been learning in the classroom to different types of scenarios.

The virtual closing ceremony took place on 30 September, and was attended by all Middle School students and teachers. Thank you to Mr Dillon for being the Emcee for the event, and to Mr Vidotto, Kaylee Lim and brothers Lee Ren Jie and Lee Ren Yi for the videos shared! The closing ceremony was a great chance to re-cap the events of the month, and to talk about the importance of embracing other cultures and all of the good things that can come about when people from different backgrounds and cultures work together and make our lives better together.

In conclusion, the Middle School Language and Cultural Month is a brand-new event inspired by the previous Middle School Bahasa Malaysia Month. This event provided an opportunity for students to gain new experience and skills through a variety of new activities.



Academic Service Excellence Award

At the Academic Service Excellence Award on 10 December, Sunway Education Group honoured 3 SIS Sunway City KL teachers for their great work.

Ms Kayla Deasley, Ms Sharon Thangaraj and Mr Terrance Tam were the recipients of the Student Appreciation of Teaching Award (2021). On top of that, Ms Thangaraj received the Most Promising New Teacher Award for the year 2020.

Following the SOPs set by Majlis Keselamatan Negara, the event was held in a private setting, only attended by the top management of Sunway Education Group and award winners. While we could not be there to celebrate with them, we are proud of our teachers for receiving this award and inspiring us all during these tough times.

"A HUGE congratulations to our award winners. Your award was well-deserved and you should be very proud of your amazing service and work with the students of SIS" says Mr Kondro, principal of SIS Sunway City KL.



House of Love Charity

The Social Activism Club has raised RM 1,820 for the House of Love Charity a charitable organization children home for the orphans, abandoned, abused, and neglected children. Their aim is to provide shelter, tender care & love within a loving family environment and to support physical, spiritual, mental, social and educational well-being of the children. The collected donation was delivered by Social Activism Club Coordinator Mr Michael Roberts.



Bon Appétit!

To celebrate the end of the semester, some of our IBDP Year 1 students taking face-to-face French classes, had a "déjeuner" (lunch) at the French bakery café "Yeast", at Sunway Pyramid Mall. They immersed themselves in the French culture and language by speaking only in French during the outing, both with their peers, Mme Talbot and Mme Norris as well as when placing their orders.

They were given the opportunity to try a selection of typical French meals (soupe à l'oignon gratinée, boeuf bourguignon, salade niçoise, croque-madame), as well as pastries and desserts (crème brûlée, tarte tatin, pain au chocolat, croissant). Everyone enjoyed their meal and the experience. Bon appétit!

SNaPS™ Grand Finale

This year's 8th Sunway National Poetry Slam™ (SNaPS™) wrapped up on 12 November 2021, featuring a virtual gathering of over 34 performers from ten schools from around Malaysia. SNaPS™, the annual competition hosted by Sunway International Schools (SIS) aims to nurture young talents with creative expression, literary art, and their voices. This virtual night of spoken words saw participants competing in three categories (1) Junior Solo Poets, (2) Senior Solo Poets, and (3) Group Poets.

Similar to the previous years, participants were invited to join the complimentary online poetry workshop for a chance to learn from the Champion of the 2018 and 2019 Causeway Exchange Poetry, *Venezia May*. Attending this workshop is the perfect way to develop their voices, learn more about the art of poetry writing, and find inspiration among other participants.

More than 48 videos from 24 schools received for the Online Submission (Preliminary) Round, 10% of the marks are derived from public votings on the SIS YouTube channel, and 90% of the marks are derived from the 3 judges, *Low Ngai Yuen*, Film Director, Producer, Actress, TV Show Host & President of KakiSeni, *Professor Stephen Hall*, Author & Head - Centre for English Language Studies of Sunway University and *Arisha Akhir*, Published Spoken Word Poet, Children's Book Author, & Storyteller on content and performance.

This is the second year that the event was held fully online and it has become boundless. With SNaPS™, not only SIS students were given the opportunity to grow and shine, students from other schools are welcome to join and SIS is excited and proud to host this annual event for all the young talents out there!

WINNERS

JUNIOR :

1st - Maisie Tate
(The International School @ Parkcity)

2nd - Jasslyn Desharthan Aathithan
(Sunway International School Sunway City Iskandar Puteri)

3rd - Tan Zoe Yi
(Sunway International School Sunway City Kuala Lumpur)

SENIOR :

1st - Teioh Nuan Ning
(HELP International School)

2nd - Eng Zhen Shen
(SMK Sultan Abu Bakar)

3rd - Gelson Eng
(Sunway International School Sunway City Kuala Lumpur)

GROUP :

1st - Twice The Trouble
(SMK Sultan Abu Bakar)

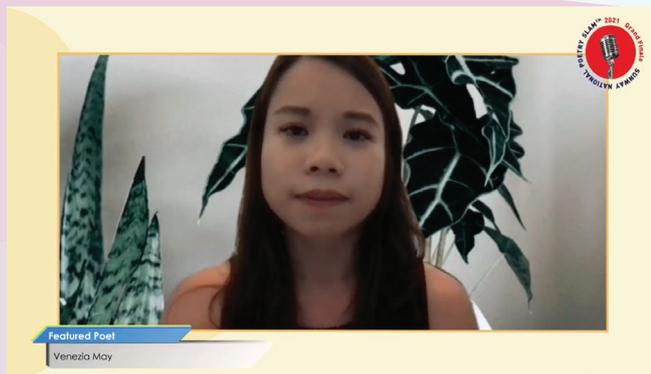
2nd - IRIS
(Idrissi International School)

3rd - His Slammers
(HELP International School)

HELIOS & SPIRIT AWARD

HELIOS AWARD :
HELP International School

SPIRIT AWARD :
SMK TAMAN DESA



Junior Category*Maisie Tate**The International School @ ParkCity***Toxic Friendships**

Why rely on the synchronizing, excruciating beat,
To cage the heart you now pumped with concrete,
How repeating the drowned pauses dimmed so silent,
No expression, a lost canvas washed loosely violent.

How come, even in the forte of silence immensely still,
There is no ensconce and individual self-will,
That at times fingers click, the figurine raises,
It's broken legs no longer stand without braces.

How even when submerged in our anchored ache within,
Mimicking actions, coalescence just like a siamese twin,
Joint together, claustrophobic, lustreless, enclosed,
However, you still make my void bleed light appose,

After faced with your insoluble pounding misery,
And backed into the protection of your persuasive trickery,
My only close friend, my only comforting company,
Exposed to your puppetry thus I suffocate under your custody.

Similar to a yoyo that you play with only once you become bored,
The twisted string laced around my ankles completely ignored,
To once pluck the weeds upon your grinned grasp,
I can finally be released, to detox your vermin, vulture clasp,

So. As presumptions of our future diminish at a time,
To treat your contagious plague I can finally thrive.

Group Category*Twice the Trouble**SMK Sultan Abu Bakar, Kuantan***And See Shall We**

We see you,
As your lives are put under the spotlight,
Our eyes fixated on your every movement.
We, the future generation,
Are trying to colour our blank canvasses,
Trying to make sense of our existence,
Trying not to steer our ship in the wrong direction –
You, are the specimen, Placed under intense scrutiny, held in the limelight,
Regarded with utmost admiration and wonder.
Your actions and reactions, movements and responses,
This society of reverence and veneration,
Will write this down as holy scripture,
As we emulate your behaviour with tenacity,
Adopting your values without suspicion –
We see you, as the entity brimming with alacrity.

We see you,
As you stand on opposite sides, opposite lanes, opposite teams, opposite mindsets,
Your ambition warping your perception,
As your perception is fuelled by self-centredness and self-importance,
Your ultimate goal, gleaming with brilliance,
As it pulsates with the glow of a halo,
You slash your way across the thicket of humanity,
Void of empathy and compassion, your relentless determination –
Pushing others down and climbing up the ladder,

As if superiority leads to longevity,
Longevity leads to immortality,
Until reality wrenches you out from your reverie,
As you lay baffled at the absence of permanence.
We, the future generation are watching, and we see you,
And we emulate without a shadow of doubt,
Because this is what you taught us to do,
This cycle of contention, as we uphold tradition,
Rivalry has taken on a whole new appearance,
Manifesting as discrimination, racism, sexism, bigotry and cynicism,
But we seem unable to transcend,
The ugliness, of our thousand-year-old evilness, egoism and greed.

We see you,
As you are ever divided by a barrier,
A barrier made of your own contempt and self-indulgence,
Seeing this world through black-tinted lenses,
With no concern of thriving together,
As long as you flourish, others can perish,
No more a speck of dust of trivial existence –
Because materialism and status overshadow what's really important.
It doesn't matter even if,
The stairs are made of commoners' mercy and broken bond,
In the name of the game that stars the devil's spawn,
We see you, and we ask you,
To what end does this turmoil lead to?

We keep watching you, we see you,
Finally, as the sins of humanity catches up to your footsteps,
And trips you over,
You tumble down and society crumbles like a domino,
Because it was never strengthened with unity nor cooperation,
It was held in contempt and contention,
As your own conviction drives you to desperate measures,
Not knowing those are procedures to dismantle a society,
Until the avalanche of bricks rains down on top of you,

Senior Category*Teioh Nuan Ning**HELP International School***4 Reasons Why We Should All Endeavour to Become Blackbirds**

1. Their wings, pitch black with feathers of flight crafted from the shadows,
Born out of darkness, and yet, they remember how to soar, Engraving their names among the clouds.
They know what it's like, in spite of boundless adversity,
How to reach higher heights, set their eyes on sights from a view we may never see.

2. Their bones, light enough to lift them airborne,
Carry nothing but the desire to grow, go further still,
Constantly looking toward the sky, looking to thrive.

3. Their hearts, at rest, beat seven times faster than the heart of a human being,
It is no wonder this muscle of theirs has strength beyond our comprehension,
They know of a love we're blind to, a warmth we refuse to see,
Once, while birdwatching in the countryside, we caught sight of a river of Blackbirds,
For twenty minutes whole, we could see nothing but darknesses
the beating of wings clouded the horizon,
A feathery flock uniting for safety, protecting millions.

30% of birds present were not Blackbirds at all,
How quickly the Blackbirds offered their protection, even to those
whose feathers differed from their own, whose chirps were foreign,
When it mattered most, they could
push their differences aside for survival.

We might fear them now, their dark wings, beady eyes; brand them the omens of death- Blackbirds, as if their
presence spells disaster- but it is we who are the harbingers of death.
It is our actions that spell demise over and over again,
It is in watching them thrive that we become aware,
how we seem incapable of expending even the minutest morsels of kindness,
That even symbols of death can scrape together, become aware of how desperately we can only thrive- together

When it mattered most, we refused to pull ourselves together,
pushed aside those who looked different,
Discoursed about vaccines with misinformation and deceit.
Nations with their pockets lined in gold, lined their cupboards with vaccines;
Holding enough elixir to save their populations six times over,

4. Blackbirds flock in formation, learn to draft off each other's flapping,
whittling down wind resistance until they all soar a little easier;
we too can draft off each other's recovering economies,
each nation a Blackbird in this flocking formation headed toward recovery.

Instead we've insisted on staying isolated insisted on letting these boundaries blind our sight, halt our humanity;
so the heights from the bird's view are sights we may never see,
peaks we may never reach because we were too selfish to reach out,
to someone who may not look like us, but is a Blackbird, heart beating all the same.
We've clipped our wings with politics of capitalism,
let prejudice and competition supercede empathy it is impossible for us to take flight.

We see you,
As you suffocate underneath the price tags of your sins,
With broken limbs and pride that lay in pieces,
You struggle to even stand,
Let alone pick up your ego,
As you bleed yourself dry of golden blood that was supposed to signify superiority,
Maybe, it is for the best,
Let the universe cleanse the poison flowing within you.
We see you, every broken part of you.

We see you, the moment you finally come to a revelation,
Of realizing there is no glory, if we don't rise above dividence.
That there is no winning, if we lose everything we bet on.
That there is no victory, if we are left all alone.
That there is no humanity, if we don't understand one for all, is all for one.
We see you, As all of you are covered in dust and debris,
Rebuilding this broken society as one complete entity,
Hand in hand, a collective synergy,

With no barrier separating men and women, Europeans or Africans, you and me,
Setting aside each and everyone's differences,
And realizing, That we should reach our hands out not to push away,
But to pull each other up and pave a way,
That we can co-exist, co-live, co-work, co-operate, co-thrive,
And the only way to live, in peace and harmony,
Is that all of us, with none left behind,
Thrive together in unison.

We see you,
We see, the true essence of humanity,
We see, and we shall preserve,
Humanity thriving together, for eternity.

SNaPS™ 2021
Champions'
Poems



Scan to check out
the full event

Coffee Talk Series #3 & #4

As we headed towards the end of yet another eventful year, we had another two episodes of the SIS Coffee Talk Series: #3 Raising Children in the 21st Century and #4 Financing Your Child's Private & International Education. Both Coffee Talks tackled topics that may seem different on the surface, but at their very core had the same objective in mind – parents wanting the very best for their children.

SIS's third Coffee Talk covered the more intangible challenges parents face raising children in the tech-forward 21st century with a global pandemic thrown in the mix. Topics such as communication across different generations, positive parenting, and parental involvement were covered by the speakers of the night.

The session, moderated by our principal Mr Heath Kondro, included speakers who were all experts in their fields. We had Mr Benny Kong, Executive Director, Focus on the Family Malaysia (FOFM); Professor Alvin Ng, Associate Dean (Engagement & Internationalisation) School of Medical & Life Sciences, Sunway University; and Ms Brittany Scarfo, Teacher & Guidance Counsellor at SIS.

Considering how the pandemic has in a way made families spend more time together at home especially during the movement restriction periods, it is no surprise that this Coffee Talk was a popular one with many parents joining the session, asking questions and interacting with our speakers throughout the session.

The fourth Coffee Talk, covered a different end of the spectrum, with finances as the main topic of the night. Mr Tony Yee, SIS parent; Mr Andrew Jong, General Manager, Retail Wealth Management from Hong Leong Bank; and Dr Cheng Mien Wee, SIS's Executive Director were the ones leading the talk.

Together, they talked about how parents ended up deciding to send their children to private and international schools and how they make it happen financially. While planning goes a long way, we also learnt that sometimes information and determination are also strong factors at play. We also found out what else parents could look out for to ease their financial load such as scholarships, bursaries, family discounts, etc.

We can't wait to see what 2022 has in store for us!



Career Week 2021

SIS Career Week was held virtually for the second year running. While we miss face-to-face sessions, the virtual one meant that we could have panellists from anywhere in the world, and we did!

Thank you to all 60 of our speakers and panellists for sharing your knowledge and experience with us. The sessions were insightful, fun and interactive, and we all learnt a lot about #ThrivingTogether!



CONGRATULATIONS!



DILLON CHOO
(Badminton)

- MSS Selangor
: 5th Place
- KL Fittest 2021
: Lead Under 13 Boys



LEE XIN YE
(Cross Country)

- MSS Selangor
: 2nd Place
Top Runners
Under 12 Boys



HARRY BOK
(Ping Pong)

- MSSD Petaling Perdana
: 2nd Place
Under 18 Boys



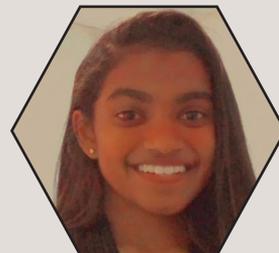
JOELLE PHUAH
(Squash)

- MSS Selangor
: 1st Place
Under 18 Girls



ANABELLE TEH
(Swimming)

- MSS Selangor
: 2nd Place
Under 15 Girls



SANGGEETHAPRIYA
(Squash)

- MSS Selangor
: 5th Place
Under 18 Girls



LOH KAI QI
(Ping Pong)

- MSSD Petaling Perdana
: 3rd Place
Under 15 Girls



CHERRY YEO
(Rhythmic Gymnastic)

- MSS Selangor
Artistic Gymnastic
: 1st Place
Free Hand, Hoop
and Ball
2nd Place Clubs

Senior Individual
Category



CHAN LE YENN
(Dance)

- CSTD 8th Malaysia Dance Competition 2021
: 1st Place in Ballet Repertoire Solo - Open Category
3rd Place in Contemporary Solo - Open Category

- Asia Open Dance Championship
: (Top Scorer) Gold Award in Ballet Repertoire &
Fragment Solo - Junior B Age 15-16 Category
(Top Scorer) Gold Award in Modern Contemporary
Solo - Junior B Age 15-16 Category
(Best Troupes Award/Top Scorer) Gold Award in
Modern Contemporary Troupes - Open Category

Middle School students raised RM600 for the Blessed Sunway Mentari Learning Centre, a local refugee school (money was from theme day participants and the Grade 6 fundraiser). The Grade 6 class held Roblox and Art competitions as a fundraiser and raised RM300. They chose to donate part of their funds to #TeamSeas to help clean the oceans, and the rest to the Blessed Sunway Mentari Learning Centre.

Donation to Refugee School



Dillon Choo - SIS Sports Scholars -



Describe yourself in three words

- Happy-go-lucky, approachable and humble.

What are your favourite subjects and why?

- To be honest, I liked all the subjects taught at SIS from middle school till Grade 9. I am very thankful for the teachers guidance and support. They were all awesome and engaging which made it difficult to just pin-point a particular subject.

What kinds of extracurricular activities do you do and why?

- I was trained at an early age of 5 in Taekwondo and swimming. When i turned 7, I developed an interest in football and competitive swimming while maintaining my Taekwondo training. My sudden interest in badminton started in 2019 and I grew to love this sport very much. That was when I decided that I had to give up football and competitive swimming to concentrate fully on badminton and Taekwondo. As an active sports person, I am honoured to be able to represent my school. I am proud to say that I was chosen to be part of the school team for the Canadian Classic 2019 team to Macau China. Events included swimming, cross-country, athletics, taekwondo and badminton.

During lockdowns, I consistently participated in many virtually held events namely, 24Hour Race, Run for the Future 2021, Larian Virtual Rentas Desa Kebangsaan Verdik 2021, Breathe India Charity Race 2021, Run With Olympians For Olympism 2021, AIMS Sports Virtual Run 2021 by ISB, for virtual Taekwondo competitions was Taekwondo Belgian Open Poomsae 2021, Taekwondo UK Harrogate Open Poomsae 2021, 2nd Virtual Range UK Open Poomsae Championship 2021 and the Wu Kwon Online Taekwondo International Championship 2021, for the virtual fitness competition, I participated in the Nexus - KL's Fittest 2021 and the virtual badminton competitions for MSSD, MSSS and MSSM and virtual 2021 Online World Youth Taekwondo Camp South Korea.

What opportunities has your school gave you that you would not have had otherwise?

- I am very honoured and humbled to be chosen as Sports Scholar in 2020 to 2022, won twice as the Student of the month for both November 2020 and August 2021, awarded the Sportsmanship Award in 2020 and the most recent is the Citizenship Award.

Describe your school in three words

- Fun, Engaging and Supportive

What lessons did you learn in 2021?

- Perseverance and nothing is impossible!

How do you stay active during pandemic?

- Strict fitness regimes by both Taekwondo and badminton coaches. I had to complete the given programme on a weekly basis. I jogged and cycled regularly during my free time to maintain my fitness.

What sports did you do (as a sports scholar) and why did you choose it amongst other sports that you do?

- I was awarded the Sports Scholarship based on my Taekwondo achievements. I am confident that I've met all the criteria due to my track records.

Do you have a role model (sports person)?

- Cristiano Ronaldo and Lee Zii Jia



Teachers' Appreciation

To celebrate the end of another semester, SIS's parents led by the Parent Council have prepared some token of appreciation for all our teachers and staff.

Thank you parents for your continuous support during these challenging times.



Mathemagic Card Tricks Competition

Congratulations Lim Kyllie (Grade 8) for bagging Gold at the 2021 Mathemagic Card Tricks Competition – Category C (age 14 & 15) organised by Sunway University. The 6-month long competition was intensive but it was all worth it!

Kudos!

The Time to Thrive

- Sharon Thangaraj -
(Grade 11 Economics and Accounting Teacher)



The pandemic took the world by a storm in early March of 2020 and made its presence felt globally. Many people, in their own ways, were thrown off their boats. People from all walks of life had to unlearn, relearn, adapt, adjust and form new ways of working around things. Just about when my weight loss journey had kicked off full swing, the world had gotten into a health crisis.

Being used to fixed routines such as work in the day and workouts in the evening, reporting times and timetables, fancy gym classes and fixed training times to..no gyms, no workout buddies, no personal trainers, no socials, no going to school for face to face teaching and learning. In an instant, all these had taken a turn. Being confined in my humble abode, with family, occasionally dealing with technical issues that come along such as the classic “your internet connection is unstable”, this felt like a whole new world. There was a different kind of pressure and stress. There was a fine line between work and post work, it was hard to distinguish. I was constantly just on my laptop - doing work! It’s like work never felt this much before. Where were these volumes coming from? My screen time was insane!

Apart from that, there were constant discussions about “what are we cooking today?”. It was like a whole nationwide fad to cook for the gram and yes I did, while also adding to the kilograms. I was on such a solid path, having lost a good 7 kg just when the pandemic occurred. But all these efforts were in vain! I had gained back all that weight and even more! By November 2020, I was weighing 13 kgs heavier!

Yes, I stopped exercising when gyms were not allowed to operate. I did not believe in home workouts then and maybe I was lacking discipline, motivation and confidence to workout by myself. I always had a mental block that to lose weight, I must be able to access all the equipment and classes in the gym. So goodbye calorie deficit, everyday was a calorie surplus. Without a doubt, not only did numbers on the scale go up, clothes did not fit anymore and my body fat percentage went up significantly, especially my visceral fat. Going up and down the stairs at home left me mildly breathless. My energy levels kept dropping. I could not sleep at night and I struggled to wake up in the mornings.

How about health issues? They were the biggest red flag, ringing resounding alarm bells! My flat feet that were never an issue now were acting up badly. Due to lack of movement, a sedentary lifestyle and constant sitting, I suffered from plantar fasciitis. Inactivity hurts, literally! To top it all off, my digestive system was messed up and I was frequently getting acid reflux attacks. Out of the blue, I became intolerant to various fruits. My skin too was frequently battling acne. It wasn’t rocket science, poor diet and nutrition, lack of sleep and a sedentary lifestyle is a recipe for disaster! While I could no longer understand my body, I surely knew I had to change my lifestyle as soon as possible. But you know sometimes, even when you know what to do and it is the right thing to do, you keep procrastinating or delaying action? I was really confused with the pandemic tossing us back and forth, suddenly into a lockdown, gyms were opening and then closing shortly after due to spikes in cases...this uncertainty had also shattered my hope and drained my drive.

When March 2021 began, I was reminded of how much I felt like a failure, this time around, last year. Letting myself go miserably, undoing all my efforts and landing with so many health warnings. Before my health took a turn for the worse, I decided to make this change once and for all. This lockdown was a second chance for me to prove to myself that I can do this, I can be consistent, disciplined, focused and resilient. I wanted my health back. I reactivated my fitness instagram account and shared the intention of restarting this journey with my followers, my family and friends. There was no shame in failing but rising up again.

To be accountable, I started blogging this journey. Many showed their support by journeying with and following my progress. I shared my fitness goals with my current and former students too. They were my biggest source of inspiration and motivation. They furnished me with various strategies, good meal plans, workout ideas and so much more! I am so blessed to have the best human beings on the planet be part of my classrooms.

I simply started by walking (more like crawling) on the treadmill for 15 minutes at speed 3.5 and I drank 2 litres of water everyday. Day by day, I made more lifestyle changes. Pushed myself further to walk 40 minutes during every lunch break, in between classes. Slowly increased my speed. Got new running shoes and special sandals for my feet. Ate more whole foods, started calorie counting and tried to get in more steps on my FitBit. Eventually, I tried to sleep earlier as days went on.

Today I am able to stay on the treadmill for 1.5 hours walking at a fast pace, I do 1 hour of crossfit workouts every week day, I skip 300 times a day. On a good day, I am able to slot in an anarchy HIIT workout too for 30 minutes, 4-5 times a week. I walk 10000 steps everyday as part of my low-intensity steady-state cardio and I have signed up for the Step On 10k Challenge organised by Rotary Club Sentul. I am half way through this challenge that requires me to clock in a minimum of 10k steps for 31 days straight. I have learnt to cook much healthier, I have gained confidence in working out on my own, my wardrobe has a variety (bring out all the clothes that once couldn’t fit), I no longer have intolerance to all those foods which was troubling me! I sleep better, yes I now wake up at 4am, the latest 5am every day. My foot problems...gone! My skin looks better and there are no erratic acne breakouts. Tons of money saved too from not having to dine in much or even take-aways. No more trips to the gym and so no membership or entrance fees had saved me a lot of extra dollars too. I love my progress, my consistency and this whole journey. I am confident to workout on my own, by myself with minimum or even no equipment. I stopped making excuses and started making the best use of all that I had - time, space, equipment, ingredients and so on.

I had a good support system - family, friends, colleagues, students who all supported my goals and generously shared wisdom. I followed good YouTube fitness channels and Instagram accounts. I became independent, confident, a better self learner and energetic. It continues....15kgs down, 15 more to go for the year. Health is truly our greatest wealth! Start getting prosperous by breaking a sweat and eating a balanced diet.

Here we are today, what was impossible last year has become second nature to many of us, such as working from home, teaching online and even the hybrid learning system. We have all become more resilient, independent, grateful, mindful, empathetic and versatile. We make the choice, no one makes it for us ... To Survive or To Thrive.

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Contributors :	Sharon Thangaraj	Michael Roberts	Marie-Josée Talbot-Provost	Dillon Choo
Editorial Team :	Low Fun Fun	Shahina Shahar	Atikah Zainal A'abidin	Tan Li Ann