



OCTOBER 2017

NATIONAL HIGH IDW NEWSLETTER

# NHJS GREEN CHRONICLE

Theme : Sustainable and Responsible Production and Consumption



## NH Conducts Hydroponics Gardening for IDW

The school has taken on the challenge of a hydroponic garden for this year's Inter-Disciplinary Week (IDW). Students from Secondary 1,2 and 4 set-up hydroponic gardens with water spinach, red spinach, cherry tomatoes, basil and peppers over a span of six weeks.

"Different groups planted different plants and some groups were able to harvest," said Tara Gondomulia of Secondary 1 Passion. "(The garden) was hard to maintain but it was worth it," added Catherina Limanto of Secondary 1 Integrity. "It was fun to watch the plants grow," chimed Marsha Rusli, also from Sec 1 I.

"The students found the hydroponics task challenging but at the same time fulfilling because they were able to raise vegetables using simple, recyclable materials found at home. They were able to apply concepts learnt in class in order to successfully raise the vegetables," explained Ms. Abigail Estidola who teaches General Science to Secondary 2 and helped oversee the Sec 1 and 2 hydroponic gardens.

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Seedlings planted by NHJS' Secondary 4 students    Seedlings planted by NHJS' Secondary 4 students

The IDW allows students to do other project based activities to learn things outside the classroom. This year's IDW theme focuses on Sustainable and Responsible Production and Consumption. It aims for students to learn more about the different ways to solve the problems going on in the world such as the scarcity of resources. The programme ensures that students can do their part to conserve resources wisely. IDW is one of several activities that the school does to promote responsible production and consumption is planting using hydroponics.

Hydroponics gardening is a method of cultivating plants using mineral nutrient solutions in a water solvent, in replacement of the soil that we normally use in traditional agriculture. With this method, farmers do not need to worry about soil borne diseases, spraying fertilizers or pesticides and the labors of cultivation and tilling, reducing the amount of work they need to do in order to sustain the life of the plants.

## Students prepare healthy snacks for guests from local public school

The Soup Kitchen was an event held during this year's IDW where the Secondary 1 and 2 students cooked delicious meals for Primary 5 children from SDN Kelapa Dua 06 Pagi using healthy ingredients that was held on 20 September 2017 at our school's canteen area. This was done because the lower Secondary wanted to make good use out of the upper Secondary's hydroponics project by sharing it to our neighbouring schools as well. They made healthy sandwiches using only kangkung, cheese, bread and tomatoes. Super healthy right?

In addition to this very exciting event, these children had tons of fun with our students. One of the Secondary 2 students, Joshua told us that they had a tour with the Kelapa Dua students and while passing by the court, they wanted to play soccer. So, about eleven of the guests played soccer against some of the Secondary 2 students, socialising with one another and making long-lasting memories.

However, some students had to work behind the scenes and tirelessly cook plates of dishes. Unfortunately, they did not enjoy the event as much as others did, as they felt that it took a lot of effort. One of the Secondary 1 students who made the sandwiches, Egan, spoke to us and said, "Making the sandwiches was very stressful, hard, and tedious." After interviewing a few students, they agreed that if this event was to be done again in the following IDWs, they would want the guests to come along and cook with them, a good idea, as it would allow for a better bonding experience between the children.



Secondary 1 students of NationalHigh prepared an event for the students of SDN Kelapa Dua 06 Pagi



Soup Kitchen food preparation using vegetables grown in the Hydroponic garden.

# Students from Singapore Visit During IDW

The 18th of September marked the first day of National High Jakarta School's 2017 Interdisciplinary Week, with Primary 5 students from Singapore's Bract Palm View School joining this year's IDW.

On the day of the Palm View students' arrival, they were each paired with a student from National High of the same grade. One pairing was Nobel from National High and Ethan from Palm View. Each pair was able to bond with each other through their sharing of different cultures, experiences and environments. The Singapore students were welcomed with a number of games that were food related. The following day, the Singapore students and National High students played a variety of fun games, such as Sugar Rush, Calorie Craze, and Ingredient Picker. They calculated the amount of sugar and calories that are present in each meal, and categorized which ingredients are needed for a specific meal. Chelsea from Primary 5 Grace expressed her joy in being able to bond with Xuan, her buddy, while learning about the importance of food consumption.

On the third day, the Singapore students and National High students were put into groups of 4, and worked together to make sandwiches, posters, and 3D food pyramids.

On the 21st of September, which marked the fourth and last day of the Singapore students' visit, the day was filled with special activities. The Singapore students played traditional games and activities such as Corong Soccer and Zumba. With Primary 5 Grace, Passion, Teamwork, and Adaptability given different themes, the Singapore and National High students worked on a Chinese historic project. As a farewell between the Palm View and the National High students, each buddy exchanged gifts, and gave out special performances, such as a dance performance from the Palm View boys, a singing performance from all the Palm View students, and a dance performance from the hip hop students of Palm View. William from Primary 5 Grace said, "It was a wonderful experience as we all get to bond and gain life long friends!"

## Secondary 3 students go on a 19-Day Habits of the Mind Camp



Upper right: Students prepare to depart for INAGRO

Upper left: Learning animal rearing by assisting with cleaning water buffalos.



Lower right: Getting some experience with soil tillage.

Lower left: Assisting in cleaning fish pens.

On the 28th of August, the Secondary 3 students went to a 19 day camp called the Habits of Mind. The camp was held from the 28th of August to the 15th of September in Inagro, Bogor. In this camp, the Secondary 3 students were taught the 16 habits and they participated in activities prepared by the Inagro staff. In addition to that, the students also went on the Cibodas Trek and participated in a 3 day and 2 night camp and a trek to Kawah Ratu.

Ferril, one of the participants told said, "I feel that the camp was quite interesting as we did things that we did not usually do in the city and I got to learn a lot of new things. I would recommend the younger batches to join this program as it is fun and interesting."

Throughout the 19 days, the Secondary 3 students improved their well-being through the introduction of the 16 habits of mind. The concept consisted of habits that could help one during and after their school life if used frequently and properly and make them better people. The habits could also improve one's application of knowledge in order to improve the world around them.

When asked what habit she benefited from most was, an anonymous student said, "I benefited most from the habit of managing my impulsiveness, as I am often impatient, and in the Habits of Mind camp, I personally feel like I learned how to apply this habit more than I used to."

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The INAGRO staff prepared 7 different stations- fish farming, buffalo breeding, peacock breeding, mycorrhizae, plant tissue culture, compost and fruit farming to apply the habits.

During the 3 day and 2 night camp, the students had to sleep in tents with 3 other roommates and had to cook their own meals.

They faced a a major problem when it rained, but it taught them to be adaptable in challenging situations.

Guidance Counselor Mr. Leonides Ranchez, was one of the teachers who accompanied the students during the program, answered this when asked whether the students improved in terms of their character, "Well honestly, it is early to say because I have not had a chance to interact again with the group. But what I noticed is that there is less impulsiveness from the several students that I have talked to. And for sure, students from HOM are now more knowledgeable about the habits."

Chair of NHJS Board of Management Ms. Daisy Yiu also added, "We feel that having the right mindset is very important to becoming a successful person. So when you become a teenager, we want you to have strong values and have a good character. I think that this is the right time to shape you between the age of 13-15 years old."

## Houses compete in Sports Day



On the 15th of September 2017, Friday, NationalHigh Jakarta School had the annual Sports Day. The whole day was spent with students from Primary and Secondary divisions doing different sports events such as relay, Frisbee, volleyball and swimming through the four houses: Red Bears, Green Crocodiles, Yellow Cheetahs and Blue Sharks.

The day began with the entire student body and staff gathering down at the Multi-Purpose Hall, where all the houses performed their individual and unique cheers. This was followed by the events such as relays and Frisbee, and then the more anticipated sports such as basketball and soccer. The games such as handball and volleyball came last. Despite having to find an effective balance between competitive tendencies and gentleness, the students displayed courteousness in playing and completing the games facilitated. In the span of the events, there were very little injuries, to our relief. According to Rayya Hadisurya, a Secondary 1 student from the Blue Sharks, things took a climax when majority of the student body gathered to the Multi-Purpose Hall to watch the basketball game played by the Secondary and Junior College students. The crowd's cheer resonated across the stadium every time somebody made a goal. Gracelyn Bachtiar, a Primary 4 student from the Green Crocodiles, said that this year's Sport Day may have been one of the best Sports Day she had ever participated in as everyone was having fun and nobody was complaining.

## Student Testimonies about IDW

I learned more hydroponics and its importance. I realised that this is important to the world as land is getting scarce. - **Daniel, S3 E**

What I learnt today is that as long as we have the will and initiative to take action, we can make a difference in this world to begin to adopt a more sustainable lifestyle. - **Andre, S3E**

I learnt a lot from my very time first for applying a job at sustainable high - Samantha, S3G

I enjoyed presenting my mural reflection as it brought back memories during HOM. It taught me how to be a better person and contribute to the environment. - **Kayreen, S3G**

I learnt more about the UN and their objectives. I also learnt about how our IDW projects and how Sustainable High is related to the goals of UN. - **Ivy S3 Grace**

The taught from a member of the UN which taught us a lot about sustainable goals - **Tobias S3E**

Today, I learnt how to entertain and socialise with the students from the Kelapa Dua school. We were also able to give them a tour around the school and also teach them on how to set up their own hydroponics at home which would be affordable at the same time - **Annabelle, S2 Passion**

In these past few days of IDW, I learnt so much. I learnt to step out of my comfort zone and to socialise with everyone - **Jason, S2P**

I learned how to apply everything we learned in the past into a Powerpoint and share our experience. I tried to express myself a bit more through show and tell in front of the parents. - **Amanda, S2P**

Today, we made soup kitchen for P5 students from SDN Kelapa Dua. I made a few friends and got to exercise my slightly rusty Bahasa speaking abilities. Also, I got to get out of my comfort zone to make friends with (new people). - **Putri, S2P**

Today, I had a lot of fun with my buddy from the other school. We talked a lot, we introduced ourselves. I hope I can meet him again. - **Zachary, S1I**

The kids from the other school were cooperative and kind. I hope they come back soon! I especially love this activity throughout the whole IDW - **Richard, Sec 1 I**

Today, we welcomed the students, teachers and the principal of the local SD school that we invited to our school for the event we prepared for them. Overall, I had a fun day. I really want to improve my Bahasa Indonesia for future events like these. - **Nadine, S1 I**

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