



25 NOVEMBER - 1 DECEMBER 2022

NAVIGATING QUALITY STUDY SOURCES FOR STUDENTS

WHAT'S INSIDE THIS ISSUE:

- **Dean's Message**
- **Upcoming Events**
- **Community Service Responsibility**
- **SC: Training Camp 2 AY 2022/2023**
- **Student's Achievement**
- **Science Department's Article**
- **NHJS One Day Soccer Tournament**
- **Virtual Open House**

In today's digital world, the use of technology is becoming more commonplace in our lives. As students become heavily reliant on the internet and social media platforms, striking a balance between respecting their privacy and helping them achieve their academic goals can be tricky.

As we navigate the examination season for the first time after a long hiatus from face-to-face instruction, it is no secret how the digital world is impacting and slowly upending education as we know it. It is almost impossible for students to steer clear of the ease of searching, posting, and sharing some information online whenever they get the chance. As educators and parents, it is imperative that we continue looking out for their safety and well-being while they navigate the use of social media.

Fortunately, there are many resources available that are a great starting point for all kinds of learning assignments across the curriculum.

Here are some of the [compilations of student article websites](#) that are free and offer high-quality topical articles discussion prompts and ideas for every subject.

UPCOMING EVENTS

November

25 & 28	SMA-SPK Accreditation
26	SC: Into Santa Land
28	Humbee Quiz
28	Y5 Milestone Programme
29	Class Party
30/11-2/12	Parent-Teacher Meeting

December

2	Virtual Open House
3/12-8/1	Term 2 Break

CommonLit

With thousands of high-quality, Common Core-aligned reading passages for grades 3-12, this easy-to-use literacy site is a rich source of English and Spanish texts and lessons. Search by theme, grade, Lexile score, genre, and even literary devices such as alliteration or foreshadowing. Texts are accompanied by teacher guides, paired text activities, and assessments. Teachers can share lessons and track student progress with a free account.

DOGOnews

News articles featuring current events, science, social studies, world events, civics, environment, sports, weird/fun news, and more. Free access to all articles. Premium accounts offer extras such as simplified and audio versions, quizzes, and critical thinking challenges.



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



25 NOVEMBER - 1 DECEMBER 2022

CNN10

Replacing the popular CNN Student News, CNN 10 provides 10-minute video news stories on current events of international importance, explaining how the event fits into the broader news narrative.

KiwiKids News

Created by a New Zealand primary school educator, Kiwi Kids News features free articles about health, science, politics (including U.S. political topics), animals, and the Olympics. Kids will love the "Odd Stuff" articles, which focus on unusual news, from the world's biggest potato to centenarian athletes.

PBS NewsHour Daily News Lessons

Daily articles covering current events in video format. Each lesson includes a full transcript, fact list, summary, and focus questions.

NYT Daily Lessons/Article of the Day

The New York Times Daily Lessons builds a classroom lesson around a new article each day, offering thoughtful questions for writing and discussion, as well as related ideas for further study. Perfect for practising critical thinking and literacy skills for middle and high school students, it's a part of the larger NYT Learning Network, which provides an abundance of student activities and teacher resources.

The Learning Network

Current event articles, student opinion essays, movie reviews, students review contests, and more. The educator resource section offers top-notch teaching and professional development resources.

News For Kids

With the motto "Real News, Told Simply," News for Kids strives to present the latest topics in U.S. and world news, science, sports, and the arts in a way that's accessible to most readers. Features a [coronavirus update page](#).

ReadWorks

A fully free research-based platform, Readworks provides thousands of nonfiction and fiction passages searchable by topic, activity type, grade, and Lexile level. Educator guides cover differentiation, hybrid and remote learning, and free professional development. A great resource for teachers.

Science News for Students

Winner of multiple awards for journalism, Science News for Students publishes original science, technology, and health features for readers ages 9-14. Stories are accompanied by citations, recommended readings, glossaries, readability scores, and classroom extras. Be sure to check out [Top 10 tips to stay safe during an epidemic](#).

Teaching Kids News

A terrific site that publishes readable and teachable articles on news, art, science, politics, and more for students in grades 2-8. Bonus: The Fake News resource section links to online games about fake news and images. A must for any digital citizen.

Smithsonian Tween Tribune

An excellent resource for articles on a wide range of topics, including animals, national/world news, sports, science, and much more. Searchable by topic, grade, and Lexile reading score. Lesson plans offer great ideas for the classroom and simple, usable frameworks for implementing these in any grade.

Wonderopolis

Have you ever wondered if llamas really spit or if animals like art? Every day, the award-winning Wonderopolis posts a new standard-based article exploring intriguing questions such as these. Students may submit their own questions and vote for their favourites. Be sure to check out "Wonders with Charlie," featuring acclaimed writer, producer, and director Charlie Engelman.



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



25 NOVEMBER - 1 DECEMBER 2022

Youngzine

A unique news site for young people that focuses on climate science, solutions, and policies to address the myriad effects of global warming. Kids have an opportunity to express their views and literary creativity by submitting poetry or essays.

Scholastic Kids Press

A multinational group of young journalists ages 10-14 report the latest news and fascinating stories about the natural world. Features sections dedicated to coronavirus and civics.

National Geographic Kids

A fine library of articles about animals, history, science, space, and—of course—geography. Students will enjoy the “Weird but True” short videos, featuring fun animations about oddball topics.

The list is not exhaustive as there are still other noteworthy sites that can assist our students in their everyday study routine and searches. As educators and parents, we need to help optimise our students’ educational experiences by teaching them how to use social media responsibly and safely. Let us make a conscious effort to guide them by instilling good habits and practising tools that will help them prepare for academic success safely and confidently.

Shared by:

Ms Hannia Derogongan Marohombsar

Dean for Academics

Community Service Responsibility

On the 20th of November 2022, NH students participated in a community service activity at the Kasih Mulia Sejati Orphanage in West Jakarta. The community, run by the Passionist Sisters, is under the Archbishop of the Catholic Diocese of DKI Jakarta.

Students prepared goodie bags, lunch and fun games for the children at the orphanage. In addition, some of the NH parents together with their children also donated financially in support of the community service activity.

Shared by:

Mr Bernadus Ngole





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JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



25 NOVEMBER - 1 DECEMBER 2022

SC: Training Camp 2 AY 2022/2023

On the 18th of November 2022, the Student Council hosted its second ever Training Camp since the pandemic. Members of the Student Council attended an 11 hour camp where they were able to work on the upcoming events they have planned for the new year. Firstly, everyone gathered in the SC room for the briefing of the agenda, which was then followed by the first proposal making session of the day. It was really moving to see how well each committee worked together, huddling up around groups of tables, sharing interesting anecdotes which then lead into creative ideas for events. Seemingly insignificant shared laughs unknowingly lead to the formation of strong relationships between members of each committee. Precious moments like these will stick with us forever.



After a little doughnut break, members were split into different groups led by each Governing Committee member wherein they were tasked to learn and create dances, cheers and games in preparation for events in the upcoming school year. Exhausted from moving around, it was finally time for the long awaited lunch. While everyone was already tired, there is still much more to come. The majority stated that the most amusing part of the day was the activity prepared by the Governing Committee. This is composed of a game that aims to teach members on the proper way to craft official emails in the form of a relay race to obtain puzzle pieces inside balloons that need to be popped

Challenging and engaging as it was, this activity hopefully helped members gain a better understanding on how to properly compose an email. Following this short activity, members were back at work to finalize all their event ideas in preparation for presenting them.

It was a tiring but productive day of planning and organizing, but we hope that everyone enjoyed themselves in the process. Here's to many more events in the future!

“Success is best when it’s shared.” -Howard Schultz



Shared by:
Yu Yong En (Y11P)

Student's Achievement





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JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



25 NOVEMBER - 1 DECEMBER 2022

Science Department's Article

Neuroplasticity in Learning

Many of us learned how to ride a bicycle when we were young. How come that despite many years of not riding a bicycle, we can still do it the moment we put our feet on the pedals and hold the handle bars?

This has something to do with how our brain acquires, processes and stores data obtained from the environment. The brain is capable of creating neurological pathways as it learns a new skill or new concepts. The term neuroplasticity comes into play.

Neuroplasticity refers to the ability of the brain to change and adapt due to experience. (Kendra, 2022.) When the body receives information from its environment, the brain analyses and uses the data to make an appropriate response. When the brain does this, new neural networks can develop or it can even reorganise and change existing networks.

Take for example, we always look out the window to check the weather. The weather actually helps us decide the appropriate attire to wear, especially if we are going to leave the house. Prior experience tells us that sunny weather can make us sweat or uncomfortable, especially at noon, so we wear comfortable or cool clothing. Prior knowledge also tells us that rainy weather makes the surroundings cold and we can get wet. We prepare an umbrella or coat to keep ourselves warm and dry.

Our brains have developed in such a way that we can make decisions on what to wear based on previous experiences with changing weather. These neural pathways developed because we either got wet during a rainy day or saw someone get wet, or we felt so warm while wearing long sleeved shirts or a coat on a sunny day.

We experienced something and through that experience, we were able to make sense of what happened. The brain was able to use the data and come up with responses to that experience.

Neuroplasticity can be categorised according to either Structural Plasticity or Functional Plasticity. This article will focus on Structural Plasticity in relation to learning.

Structural plasticity refers to the ability of the brain to change and reorganise neural pathways because of learning. There is a change in the structure of the brain because it is acquiring new information. New information causes the brain to undergo neurogenesis, or the creation of new neurons to help process and retain information.

An example that many can relate to is learning a new language. A person must first acquire vocabulary from that new language he/she is trying to learn or make sense of the order of letters and find the meaning or the translation of the same word in the language he/she is familiar with. This person is trying to make sense of new information by relating it to prior or existing knowledge. As this person is making sense of the information, the brain is starting to make new connections, relating the two words together and keeping that information stored in the brain.

Something similar happens when we are learning to ride a bicycle. The body learns how to balance itself while pedalling and manoeuvring the handlebars. The brain starts building new neural networks to help make sense of the space around him/her, the skills in order to navigate that space and, eventually, retain this information.

Once these neural networks have been established, those knowledge and skills are retained. If there is continuous practice and experience, the neural networks become thicker and develop more synapses, which results in mastery of the knowledge and skill.



25 NOVEMBER - 1 DECEMBER 2022

What's more amazing is that the brain can do something that is called synaptic pruning. Synaptic pruning refers to the ability of the brain to strengthen the neural networks as one continues to apply and practise the same skill to gain mastery while eliminating the ones which are rarely or not used. This way, the brain adapts to an ever-changing environment. Why can we still ride that bicycle after all these years? That information was retained in the brain and simply became dormant after not riding the bicycle for several years.

How can we maximise neuroplasticity to enhance learning?

Eat right

Supply the brain with the correct nutrients. Omega-3 from fatty fish, proteins and oils from nuts, and berries that contain abundant flavonoids are good in protecting the blood vessels that supply the brain with oxygen gas. The nutrients from these foods also help develop new neurons. Hydration is also crucial so always hydrate with clean, refreshing water.

Read

Reading is an essential part of brain development. Making sense of the letters and how they are arranged in an important way to train the brain to acquire information. Reading enhances vocabulary, trains the brain to recognise context clues, and helps as well in verbal development. Reading allows the brain to explore possibilities or picture out a setting of a story, which enhances the creative hemisphere of the brain.

Exercise and Rest

Physical and brain exercises are beneficial for the brain. Physical exercise increases the flow of oxygen to the brain. This leads to improved brain function.

Solving crossword puzzles or similar exercises increases analytic skills and putting together information to find solutions to a problem.

Rest is also essential as neurons also need time to repair and rebuild the dendrites. Dendrites are the thin cellular growth at the ends of neurons, which are responsible for receiving and transmitting messages to and from the brain. Sleeping 7-8 hours a day will do wonders to the brain. Power naps also recharges a tired brain

Doing mindfulness exercise also calms the brain and allows it to focus on what is happening to its environment. Whenever we see something or hear something, our brain continuously works to process information that the eyes and ears are sending to the brain. Closing our eyes for a few minutes or finding a quiet spot once in a while can help relax the brain and reduce stimulation overload.

Play

Physical or mental play is also an important part of brain development. Experiences help develop neural pathways. Playing with friends or team members enhances strategy, collaboration, and decision making. Just like exercise, physical play increases the supply of oxygen to the brain.

Practice, practice, practice

Learning a new lesson or a new skill can be daunting. Practice can enhance the development of neural connections. Practise the same skill or apply the same concept several times to acquire mastery, then move on a higher level. Even world class athletes, ballet dancers and musicians train for hours on end to master the movement of their fingers, hands and feet. Students who put effort and focus on doing practice work are more likely to retain the information and concept compared to those who always rely on tutorials and the mark scheme.



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



25 NOVEMBER - 1 DECEMBER 2022

Limitations of Neuroplasticity

Neuroplasticity comes with age and environment. School children are capable of developing so many neural pathways as they learn new content and skills everyday. The brain of a young adult can develop several neural pathways at the same time but these tend to be disorganised. Hence, we sometimes have difficulty dealing with young adults who still have to understand limitations, responsibility, reason and even control emotions.

Adult brain can still develop new neural pathways but it requires more frequent repetitions to build new neural connections. We also have to understand that cells multiply and develop more slowly with age. The adult brain can still adapt to its changing environment, but it just takes a longer time.

Substance abuse and traumatic injuries are detrimental to developing new neural pathways. Genetics, hygiene and certain conditions also play a role in how the brain develops.

Understanding how the brain works can help educators and deal with students of different abilities. Not everyone is wired the same. 'Learning environments that offer plenty of opportunities for focused attention, novelty, and challenge have been shown to stimulate positive changes in the brain. This is particularly important during childhood and adolescence, but enriching your environment can continue to provide brain rewards well into adulthood.' (Vemuri, P, et. al. 2014).

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WEEKLY BULLETIN

2022-2023



CELEBRATING THE COMMUNITY

25 NOVEMBER - 1 DECEMBER 2022

NHJS One Day Soccer Tournament

Results of NHJS One Day Soccer Tournament on Sunday, 20 November 2022:

U8: NHJS won 1st Place

U10: NHJS won 1st Place

U12: NHJS won 2nd Place

Congratulations to all the winners of this tournament !



Virtual Open House



Virtual OPEN HOUSE

Friday, 2 December 2022
Time: 8.30 - 10.00 AM
Venue: Online via Zoom

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