



PROMOTING SELF-IMPROVEMENT

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Our children are the most precious thing in our parents' lives. We constantly guide and support them to feel joy and fulfilment and become successful in the future. We picture the kind of happiness and achievement they can experience. Therefore, we seriously take the responsibility of making way for opportunities for them to succeed and make it through life.

Our kids will likely find fulfilment in unexpected situations – unexpected to us. Their view of success may differ from how we envision it. As such, it is significant for us to recognise that our children may or may not exactly go through the path we carved for them to be successful. We need to allow them to go through the road of achievement they will draw for themselves, whether it is how we see it or not. What will matter more is that we walk with them down the complex path to their success in life. We must be there to support and encourage them to strive for the best versions of themselves. Children who learn to reflect and invest in self-improvement will likely experience many advantages in life. But how can we encourage them to do this? Here are some strategies that can help us raise confident and motivated children who strive to be their best selves so they can become the person that they aspire to be:

[Promoting Self-Improvement in Our Children \(Morin, A. 2021\)](#)

Balance Self-Acceptance with Self-Improvement

Our children need to learn how they can love themselves the way they are as they strive to become better. We encourage them to be happy with themselves until they get the grades they target to achieve or make it to the varsity team.

Help Our Children Identify Their Strengths

Ask them what they like about themselves. Make sure they identify qualities that reflect their personality, not just their outward appearance. For example, while it's healthy for a child to think they're pretty, children's views of themselves should extend beyond their looks.

UPCOMING EVENTS

October

- | | |
|-----------|----------------------------------|
| 28 | Y9 CL MYR Oral Examination |
| 29 | NHJS Stepping Stone & Open House |



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Identify Areas Where They'd Like to Improve

Whether they want to become a better soccer player or they'd like to be friendlier to other children, identify concrete steps they can take to work on those areas.

We need to help our children to develop some self-awareness. For example, if they insist they're the smartest kid on the whole planet, gently remind them that there's always room for improvement. Or, if they say they're a terrible singer, ask what they can do (like taking voice lessons) to improve. Then, talk about whether it's something they want to improve upon or if it needs to be a priority.

Keep Talking

Invest in time to hold regular conversations about the fact that everyone has weaknesses, and it's essential to prioritise the ones we want to work on while also accepting that we can't excel in everything. Then, we can share our own stories of how we also improve after reflecting on our experiences. Our journey of self-improvement is the best story to share that will inspire our children.

Praise Things Within Our Children's Control

We might think we're building our children up by saying, "You're so handsome." But praising them for things that are beyond their control isn't helpful.

Instead, praise them for their choices by saying, "It is great to see you brush your teeth right after breakfast. You have shown how independent you can be. You're going to have such clean, shiny teeth!" Or, "I like that you chose to comb your hair today before I even reminded you to do it."

It's also vital to avoid emphasising the outcome. If we say things like, "I'm so proud of you for getting a 100 on your spelling test," our children will think their score matters more than anything else. That can lead to problems down the road (for example, your child may think cheating is OK as long as he gets a good score).

Instead, focus on his effort and use praise that builds character by saying, "It looks like all that studying you did last night paid off. Great job studying hard for your test."

Praising our children's choices will help them stay focused on the things they can control in life—such as their efforts and attitude.

Set Goals Together

It's healthy for kids to work toward new goals constantly. Goals can include anything from "I want to learn how to swim" to "I want to make two new friends at school."

Help our children identify healthy goals that are challenging but achievable. If our children set the bar too high, they might set themselves up for failure. On the flip side, if their goals are too easy, they won't be improving themselves.

We may need to offer some guidance to help them establish realistic goals. If they have a long-term plan, like saving enough money to buy a toy, it helps them develop short-term objectives. For example, an objective might be "saving some money every week."

Identify how our children can keep track of their goals. A chart, app, or calendar that helps them note their progress could help them stay motivated.



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Debrief After Events

Regardless of whether your child succeeds, how they process the event determines how much they learn. Make time to talk to our children about their experiences, and we'll turn everyday occurrences, from their performance in school to an interaction with a friend on the playground, into life lessons.

If they score four goals in the soccer game, talk about the game together. Ask them what they did well and what they want to keep working on. The goal is to celebrate their success while identifying things they can improve upon.

Don't reserve these conversations for sports or academics only. Debrief after social events, too. Ask questions like, "What did you do well at the birthday party today?" For example, your child might say, "I gave the birthday girl a big hug." Then ask, "Is there anything you could do better next time?" For example, they might say, "I could have sat with the kid who was eating cake all by themselves."

Look for teachable moments and hold conversations with our children. There may be times when we need to point out areas where they could improve, and at other times, they may be able to identify things they want to do better on their own.

Encourage Problem-Solving

It can be tempting to fix our children's problems for them. But micromanaging their activities and rescuing them at the first signs of struggle is a disservice.

Whether they say their science homework is too hard or express concern that they're not going to be able to complete their chores on time, ask, "What can you choose to do about that?"

Show them that they have choices in how they respond to the problem. Talk about the many different ways to solve a single problem. Children with good problem-solving skills feel empowered to tackle issues head-on. And each problem your child encounters is an opportunity for them to improve themselves.

Teach Healthy Self-Talk

Children need to learn how to speak to themselves with compassion. After all, a child who calls themselves stupid when they make a mistake won't work on improving themselves.

When our children say exaggeratedly negative things, such as, "I'll never be a good basketball player," help them see that their thoughts aren't necessarily true. Ask a question like, "What's another way to look at the situation?" With a bit of help from us, they might be able to remind themselves that, with practice, they can improve.

The key is to avoid saying what we want them to think. If you reassure them, "Oh no honey, you'll be a great basketball player someday," they won't learn to change their thinking.

While it's healthy to provide support and reassurance, our overall goal should be to help our children learn how to become a cheerleader for themselves.

Coach our Children

There will be times when our children may need lessons in humility and other times when they could use a little brushing up on their manners. Each mistake they make or problem they encounter is an opportunity for us to coach them.



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Coaching may include anything from saying, "Please try that again", to "I notice you're having some difficulty getting ready for school on time. What do you think you can do to help yourself become punctual?"

Avoid the temptation to rescue or prevent our children from making mistakes. Instead, turn frustrating incidents and failed experiences into opportunities for self-growth.

Offer Incentives for Motivation

There will be times when our kids just aren't motivated to change. In those cases, a few extra incentives may be just what our children need to do better.

If our children aren't motivated to do their chores or couldn't care less about homework, make their privileges contingent on getting their work done. We can let them play video games after their homework is complete. Or, play a board game together as a family as soon as their chores are done.

We don't need to continue to offer our children incentives for everything they do forever. Once they develop better habits, we can reduce the frequency of our rewards.

Empower our Children

Self-improvement isn't about being the most brilliant, best-looking, or most athletic person. Instead, our children can learn to improve themselves so they can make a difference in the world.

Kids need to know that their goals can be more significant than themselves. Knowing that they can put their skills, talents, and hard work to good use gives them a sense of meaning and purpose.

If our child's goal is to get an A in science, talk to them about how they could use their science skills to make a difference in the world by inventing a product that might help people or doing something that could help the environment.

Show our children that they can make a difference in someone's life daily by being kind, generous, and helpful. Get them involved in community service projects or work together to perform acts of kindness. Whether they make birthday cards for their classmates or participate in donation drives, we need to empower them to find ways to make a difference.

A Word From Very Well

You'll need to provide plenty of guidance to stay involved in your child's quest for self-improvement. First, make sure your child's goals are healthy. Step in and address the situation if your child begins a drastic diet or exercise routine. Or, if they start studying so hard that they're not getting enough sleep, intervene and help them see that their habits are doing more harm than good.

We need to be good role models for our children as well. Talk about ways we're actively working on self-improvement, and we'll inspire our child to do the same.

Shared by:

Ms Aileen Acabado

Dean for Primary



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Bahasa Indonesia Department's Article

Pentingnya Moderasi Beragama untuk Pemuda Indonesia

Shalom,
Assalamualaikum warahmatullahi wabarakatuh,
Namo Buddhaya
Om Swastyastu,
Salam Kebajikan, dan
Salam Pancasila.



Sumber: <https://i0.wp.com/gpriority.co.id>

Indonesia merupakan negara kepulauan yang memiliki beranekaragam suku, budaya, agama, bahasa, dan adat istiadat. Di bawah ideologi Pancasila, negara Indonesia tegak berdiri dalam semboyan Bhinneka Tunggal Ika yang tersirat dalam Kakawin Sutasoma karya Mpu Tantular.

Sejak zaman kerajaan hingga modern, Indonesia lama atau biasa disebut Nusantara telah hidup berdampingan dengan pluralisme hingga zaman Milenial saat ini. Jika kita telusuri dari Sabang hingga Merauke, masyarakat Indonesia sudah terbiasa hidup bersama dengan antar etnis, agama, dan kebiasaan. Hal ini dikarenakan adanya transmigrasi dari satu pulau ke pulau lain untuk pemerataan kesejahteraan, pembangunan, dan pendidikan.

Kita harus bersyukur memiliki Indonesia yang menjunjung tinggi persatuan dan kesatuan dalam bingkai bahasa, bangsa, dan tanah air Indonesia. Sampai saat ini gegap gempita kemeriahan perayaan hari raya dari masing-masing agama di Indonesia diperingati dengan penuh toleransi, gotong royong, dan khidmat. Contohnya pada saat melakukan peribadatan, tampak umat beragama lain menjaga tempat ibadah tersebut dengan baik juga pada saat perayaan, mereka saling berkunjung. Alangkah indahnya bukan negeri kita.

Sebagai generasi penerus bangsa, kita perlu mempertahankan nilai-nilai kebaikan dan kebenaran tersebut guna menjadikan Indonesia yang damai, sejahtera, dan aman untuk siapapun. Salah satu cara untuk mempertahankan nilai-nilai tersebut adalah dengan melaksanakan moderasi beragama.

Apa itu moderasi beragama? Menurut Kamus Besar Bahasa Indonesia, moderasi adalah penghindaran kekerasan atau keesktreman. Maksudnya adalah sebuah sikap untuk selalu menghindari perilaku yang mengandung kekerasan atau sikap yang cenderung netral atau tidak memihak kepada golongan manapun dengan pemikiran yang bijaksana dan holistik.

Penerapan perilaku moderasi atau bersikap moderat amatlah penting pada zaman Milenial saat ini untuk mencegah perpecahan, kejahatan, dan ketegangan di antar suatu golongan kelompok Kepemudaan Beragama yang dapat menyulut api emosi masyarakat. Lalu, bagaimana kita menerapkan perilaku moderat? Sebagai anak bangsa yang hidup berdampingan dengan pluralisme, kita harus berpikir bahwa pluralisme merupakan takdir hidup yang tidak dapat diubah, dan justru harus dirayakan dengan keanekaragaman yang hakiki dan anugerah dari Tuhan Yang Maha Esa yang perlu kita syukuri dan hormati.



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Tidak melakukan perundungan (*bullying*) di kampus/sekolah, memegang erat nilai-nilai gotong royong dalam kelompok belajar, tidak melakukan diskriminasi agama minoritas dan mayoritas di lingkungan kampus/sekolah, menghormati setiap hak seseorang untuk beribadah menurut kepercayaan/agama yang dianut, bersikap toleran pada saat memperingati hari keagamaan, dan menerapkan nilai-nilai universal yang baik dalam kehidupan sehari-hari. Dinamika ini akan menjadikan sebuah lingkungan belajar yang nyaman, aman, dan menyejukkan. Maka itu, mari kita terapkan sikap moderasi beragama di manapun. Selamat Memperingati Hari Sumpah Pemuda. Semoga Pemuda Indonesia tetap jaya dan sejahtera.

Ditulis oleh:
Bpk Halfian

Young Entrepreneurship Club

The Young Entrepreneurship Club is a platform for Y7-Y9 students to explore and develop their interests in the business field. In this club, students can apply their theoretical knowledge in a real life setting while being exposed to different business, accounting, and economic topics outside the classroom. Proceeds made will all go to the supported charity organisations. Our goal is to be an integral part of the NationalHigh community support system and we are also proud to announce that the BB (Brunch Bar) is finally open!

We are open during the following times:

Secondary:

- Wednesday (Break & Lunch)
- Friday (Break & Lunch)

Primary:

- Thursday (Lunch)



On these days, we will be selling a wide variety of snacks and drinks such as Teh Pucuk and Brownies. To ensure that you keep up with our weekly menus, make sure to check your respective class WhatsApp groups for weekly updates. Looking forward to see you soon!

Shared by:
Catherina Limanto (Y12P)





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The Hideaway Escape Room 2022

On the 15th of October, 2022, the Student Council debuted their first ever on-site Hideaway escape room event amidst the hectic examination preparations. Bolstering excitement and adrenaline for students pressured to solve a series of puzzles within 45 minutes, it was the quintessence of teamwork.

Over 90 participants registered for the event spanning 4 different time slots throughout the afternoon and evening. Multiple sessions simultaneously occurred at any given slot to maximise the capacity. Excited overseers led these students playing across 2 levels of difficulty upstairs, welcoming them to the set-up like a tour guide.

The selected theme for this year's Hideaway was "Night At The Archive" - the darkness factor evoking suspense and mystery. Every third-floor classroom window was lined with black curtains, as larger ones draped the edges of the corridor, blacking out the area.



As part of the gameplay, all rooms featured chest boxes, where students should utilise the multiple riddles to decrypt the required code and retrieve the keys or flashlights in place.



These riddles could be about anything, ranging from astronomy to numbers to school or even current affairs. The second room would always contain portraits of historical figures; the UV lights written upon them were essential to the escape. Certain code words or items had to be presented to the overseer in order to break out.

The event was a huge success, with most participants giving positive feedback regarding their experience. "It was good, it was challenging enough. The first and third rooms took longer than expected to solve, though the second was easier."

One overseer remarked, "It was certainly worthwhile observing them finding ways to escape and seeing their minds activated." Another did reflect that it was "a memorable experience".

"By working together, pooling our resources and building on our strengths, we can accomplish great things." -Ronald Reagan

Shared by:

David Gunawan (Y9E)



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OPEN HOUSE



REGISTER NOW



Come Visit Us!

Friday, 11 November 2022
Time: 8.30 - 10.00 am

Get Waiver

50%^{up to}*
cashback

www.nationalhighjakartaschool.com

*Terms and conditions apply



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(Callista Gandha)

Stickers



T-Shirts



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SCHOOL FEES AY 2023 – 2024

ADMISSION FEE

1. Registration Fee IDR 7.000.000

Cashback offered for registration on:

NOW – 30 October 2022	75% cashback
1 November – 3 December 2022	50% cashback
4 December 2022– 24 February 2023	25% cashback

Regulations:

- Fill up the registration form.
- Cashback will be deducted from the school fees payment.
- Registration fee payment is **non-refundable and non-transferable**.

2. Admission Test Fee (Exclude Y1 & Y2)

Y3 – Y6	Y7 - Y12
IDR 1.000.000	IDR 1.500.000

- Payment must be settled before student takes admission test.
- Admission Test fee is **non-refundable and non-transferable**.

TUITION FEE (non-refundable and non-transferable)

Tuition Fee per year	Y1 - Y6	Y7 - Y10	Y11 - Y12
Sibling discount: - 2 nd child:5% - 3 rd child: 7.5% - 4 th and subsequent child: 10%	IDR 157.500.000	IDR 183.750.000	IDR 189.000.000
	15% off till 28 th February 2023 10% off till 31 st March 2023		

NOTE:

- Tuition Fee will be reviewed yearly.
- Tuition Fee payment is **non-refundable and non-transferable** for any reasons.
- **A late payment charge of 2% per month** will be applied to all overdue accounts. Students will be subject to suspension for non-payment of fees beginning 30 days after the date any payment is due.

CAPITAL LEVY (non-refundable and non-transferable)

Capital Levy (For 6 years payment)	Y1 - Y6 (Yr 1-6)	Y7 - Y12 (Yr 7-12)
	IDR 98.000.000	IDR 133.000.000
10% early bird discount for payment by/before 28 th April 2023	IDR 88.200.000	IDR 119.700.000
Additional 10% discount for group of parents or sibling or Year 6 student who continue studying at NHIS (payment deadline: by/before 28 th April 2023)		

**Normal school fees and normal sibling discount will be applied for payment after 28th April 2023*

Parent Rebate programme:

- A cash-back (referral fee) for a parent who brings a new parent to enroll their child/children. The fee will be applicable if the student is admitted in our school and the parent has paid the school fees (for both sides).



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CAPITAL LEVY FOR YEARLY OR TRANSFER STUDENT

Capital Levy	Y1 - Y6	Y7 - Y12
1 year in advance	IDR 25.000.000	IDR 33.000.000
2 year in advance	IDR 44.000.000	IDR 59.000.000
3 year in advance	IDR 62.000.000	IDR 83.000.000
4 year in advance	IDR 78.000.000	IDR 104.000.000
5 year in advance	IDR 88.000.000	IDR 120.000.000

*Due date for non-discounted Capital Levy payment is 15th June 2023

NOTE:

- The school offers the above discounted Capital Levy rates on the conditions that payment of the Capital Levy in-advance must be made in full on or before the due date.
- This Capital Levy and regulation will be reviewed yearly.
- This Capital Levy payment is **non-refundable and non-transferable** for any reasons.
- Add the Student's Name and Grade Level on the transfer slip and email to finance@nh.piagetacademy.org

SCHOOL BANK ACCOUNTS

Payment to be made by Bank Transfer to either one of the following accounts:

YAYASAN NASIONAL CENDEKIA BANGSA JAKARTA

- PANIN BANK Intercon Megah Taman Kebon Jeruk | AC No. 154 500 3777
- BCA Intercon Megah Taman Kebon Jeruk | AC No. 625 0722 999

Virtual Account will be given to a new student who has submitted registration form and paid registration fee.

Please add the student's name and grade level on the transfer slip and email to us.

EMAIL

Admissions : marketing@nh.piagetacademy.org
Finance : finance@nh.piagetacademy.org

Prices are subject to change at any time without notice.

27.08.22

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