



## DEAN'S MESSAGE

### WHAT'S INSIDE THIS ISSUE:

- Dean's Message
- Upcoming Events
- Students' Achievements
- Y6 IPW Project
- English Department's Articles
- Open House 11 November 2022
- NHJS Stepping Stone 2022
- SC Corner

### UPCOMING EVENTS

#### November

4	iPSLE Science
2-8	Y3-Y6 Listening Exam
7-8	Y5-Y6 Oral Exam
2-17	Y7-Y9 MYR Papers
11	Open House
11, 14-15	Y3-Y6 MYR Language Papers
16-17	Y3-Y6 Non Language Papers

在恢复线下上课后，学生要适应的不仅仅是学习的进度，还必须适应周围的环境、人、事物与秩序。

年中考试即将到来，考试是学生学习生涯中其中一个不可避免的过程，虽然会有压力，然而每个学生面对压力的态度和方法不同。

在考试前，如何预备孩子应考，多数的父母会选择增加校外的补习班，其实在安排这些恶补前，我们是否能考虑让孩子：

- 一、调：调整生理和心理的作息时间，去适应接下来考试的节奏。
- 二、整：整理心情，应付考试；准备好所需的复习材料。
- 三、放松：让孩子放松心情，而不是逼迫他，不要让孩子学习进度成为他的焦虑。在帮助孩子复习时，要保持弹性，不要让进度打击孩子的心情。

考试后，如果成绩不理想，家长可以从三方面来帮助孩子调整心情。

- 一、接受挫败，理解自己失败的原因，并接纳这个结果。
- 二、根据孩子的能力和心情，有计划地帮助孩子充电。
- 三、帮助孩子冷静再出发，不要纠结于过去的失败，这只会带来无谓的压力。

家长有工作、生计和育儿的压力，孩子也有学习、成长和环境的压力。面对压力，思考的顺序一定要先用右脑，再用左脑。“右脑的思考是一些感受、心情、情绪。孩子也一样，他们也非常紧张，同时在这个疫情状况下。而左脑是理性、分析跟逻辑。”

孩子遇到挫折和压力时，我们也可以提醒孩子曾经有过的成功经历，以此为例。让孩子和这个深具意义的成功经验做一个联结，胜过于只告诉孩子如果考不好，长大后可能会有什么后果这样的警戒。用鼓励的方式，能减少孩子的压力。

面对压力，儿童的情绪调节能力却有限，往往无法自我纾解。我们不能只关注孩子的学习成绩。要让孩子多参加同龄人的集体活动，多交朋友，减少孤独感；还可以多参加体育活动，让孩子有更强的抗挫折能力。

在结束这篇文章前，我想分享一封来自联合国儿童基金会的信，这是一封发人深省的信。八个重点让我们重新探讨儿童的未来和希望。



NATIONALHIGH  
JAKARTA SCHOOL

# WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



4-10 NOVEMBER 2022

## 致全世界儿童的一封信

在八个方面，我为下一代人既感到担忧又满怀希望。

源自：亨丽埃塔·福尔（联合国儿童基金会）

1. 你们需要洁净的饮用水、清洁的空气和气候安全
2. 每四名儿童中就有一名可能在冲突或受灾地区生活和学习
3. 我们必须直面心理健康问题
4. 超过三千万儿童已移居到出生地以外的地方
5. 如果不采取行动，成千上万的儿童将无法获得正式的身份证明
6. 你们需要掌握21世纪的技能，适应21世纪的经济
7. 你们的数字足迹必须得到保护
8. 你们这一代人可能是最缺乏信任感的公民

Now that we have resumed full face-to-face learning, students are slowly adapting to their learning environment and easing into social aspects that are essential to their holistic development and personal growth.

One of the adjustment that students are going through is sitting for examinations. Now that mid-year examination is forthcoming, it come with pressure and anxiety. Although students deal with stress differently, it is imperative that we understand them and provide support whenever possible.

Before the examination, most parents prioritise increasing the number of after-school tutorials. However, I hope we consider the following before arranging these tutorials. We should allow our kids to:

**Adjust:** Adjust and ensure to balance their study and rest time so they can adapt to the demands of exams.

**Set the mood:** Encourage them to think positively and get all their revision materials ready to help boost their mood.

**Relax:** Let the child relax, rather than forcing them to put in the hard work, and do not let child's learning progress become his/her anxiety. Parents should be flexible when helping their children review and not let their progress discourage them.

After the exam, if the results are not ideal, parents can help their children cope by talking to them about the importance of resilience. We can engage them in conversation that would touch on the following:

**Accept defeat.** Help your kids understand why they failed. It is normal thing to happen. Defeat can be used as a learning experience to become better and stronger individuals.

**Recharging.** Please help your children regain their strength. It is always a good idea to restore their energy after a draining activity so they can refocus and perform better.

**Staying calm.** Help your children become calm and not obsess over the past failures. Doing so would only bring unnecessary pressure. Staying calm can help them focus on the positive things.

Everyone goes through pressure at one point in their lives. Parents and children are not an exemption. But we can always find ways to overcome them. We must know how to manage them by understanding how our minds work. We can remind our children of past successes when they encounter setbacks and stress. It is better to connect a child to a meaningful and successful experience than to warn them about the consequences of failing a test. In the face of stress, children's ability to regulate emotions is limited, and they often cannot relieve themselves of stress and anxiety. With support and encouragement, we can reduce the pressure of the child.



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4-10 NOVEMBER 2022

We can't just focus on children's academic performance at this time and age. We must allow our children to participate in group activities and enjoy opportunities that will stimulate and motivate them to learn more. Allowing them to make more friends and participate in sports and a broad range of extra-curricular activities will relieve them of stress. This will help them develop the ability to resist setbacks.

Before ending this post, I'd like to share a thought-provoking letter from UNICEF. It highlights why we need to believe there is hope for our children.

An open letter to the world's children

8 reasons why I'm worried, and hopeful, about the next generation.

<https://www.unicef.org/child-rights-convention/open-letter-to-worlds-children>

From Henrietta H. Fore, UNICEF Executive Director

Shared by:

**Ms Ong Chwee Geok**

Dean for Character Development & Student Affairs

### Students' Achievements



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**CONGRATULATIONS**

**KIERA AURELLIA YASA**  
**(YEAR 8 PASSION)**

1st Place

Categories: Artistic Freestyle,  
Technical Freestyle and Character Spotlight Freestyle



Skate Indonesia 2022




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**CONGRATULATIONS**

**DYLAN SUWARNO**  
**(YEAR 7 PASSION)**

1st Place

Categories: Gamma & Solo Comp Gamma



Skate Indonesia 2022



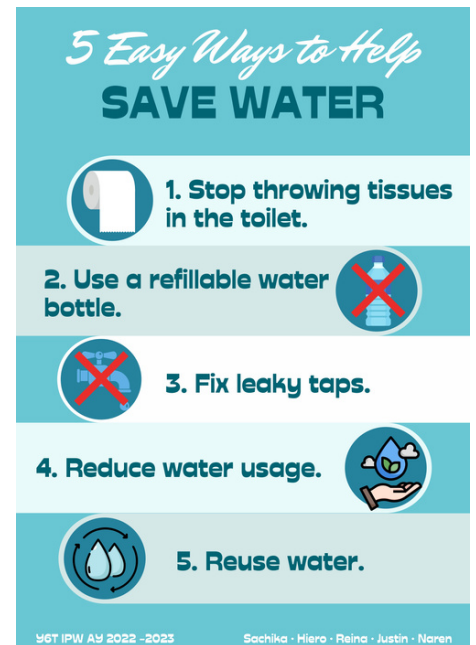
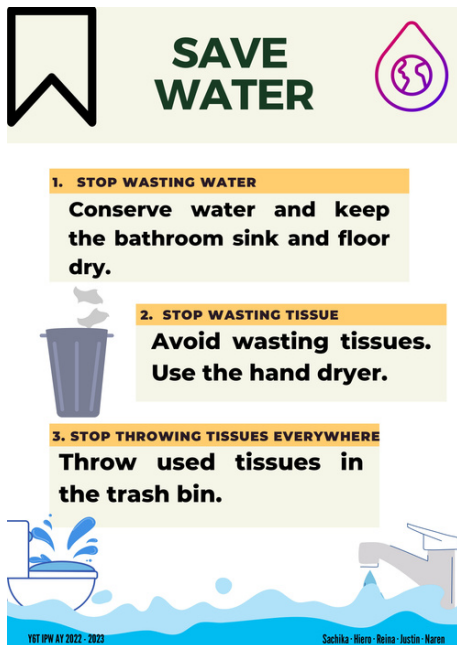


4-10 NOVEMBER 2022

### Year 6 IPW Project

Do you know how valuable water is? Well, according to water.org, more than 18 million people in Indonesia lack access to clean water. That means that these people drink and bathe with polluted or dirty water.

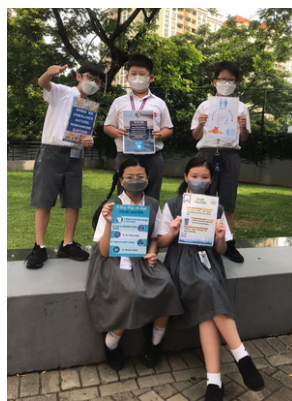
My teammates and I have observed that most of the time, the sink and floor of the bathroom are littered with tissue and covered with water. This is not helping Indonesia's water crisis at all. We should help save water and tissue, not waste them. My teammates and I made posters on this topic.



We hope that these posters will serve as a reminder for everyone as we put it up in the school's toilet. We hope that everyone will keep the bathroom clean and dry. Thank you and have a great day!

Shared by:

**Reina Megan Santoso (Y6T)**





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## CELEBRATING THE COMMUNITY

4-10 NOVEMBER 2022

### The Secondary English Department's Article

The Secondary English Department has been implementing our Reading Programme over the years with hope of cultivating the love of reading and for literature in our students. Reading is a wonderful way to learn about the world and ourselves, but also an invaluable way to develop our sense of empathy. Of course, it doesn't hurt that it helps expand our vocabulary, develop our comprehension and strengthen our writing skills. Even more, as this article from Reader's Digest describes, reading every day is a habit everyone should cultivate as 'when it comes to your brain, researchers have found there's no better superfood than a book'. Happy reading everyone!

### Here's Why Your Brain Needs You to Read Every Single Day (by: Brandon Specktor)

When it comes to your brain, researchers have found there's no better superfood than a book.

Here's a simple question—answer it honestly, because your response could boost the amount of pleasure in your daily life, delay dementia, and even help you live longer: How many hours did you spend reading books last week?



JAMIE CHUNG FOR READER'S DIGEST (PHOTOGRAPH) AND JOEL HOLLAND FOR READER'S DIGEST (HAND LETTERING)

This question has arrived in thousands of U.S. homes every other year since 1992 as part of the University of Michigan's Health and Retirement Study (HRS). A minor item on a massive survey of more than 20,000 retirees, it had long gone ignored in the analysis of elder brain health. But in 2016, when researchers at the Yale School of Public Health dug into 12 years of HRS data about the reading habits and health of more than 3,600 men and women over the age of 50, a hopeful pattern emerged: People who read books—fiction or nonfiction, poetry or prose—for as little as 30 minutes a day over several years were living an average of two years longer than people who didn't read anything at all. Odder still, book readers who reported more than three hours of reading each week were 23 percent less likely to die between 2001 and 2012 than their peers who read only newspapers or magazines. The benefits of reading are so great that they'll probably convince you to read these 100 books everyone has to read before they die.

If you're reading this, it's safe to assume you don't need to be sold on the merits of the written word. You may already be familiar with recent findings that suggest children as young as six months who read books with their parents several times a week show stronger literacy skills four years later, score higher on intelligence tests, and land better jobs than nonreaders. But recent research argues that reading may be just as important in adulthood. When practiced over a lifetime, reading and language-acquisition skills can support healthy brain functioning in big ways. Simply put: Word power increases brain power.

**Are all books the same?** To understand why and what each of us can do to get the most out of our words, start by asking the same question the Yale team did: What is it about reading books in particular that boosts our brain power whereas reading newspapers and magazines doesn't?



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## CELEBRATING THE COMMUNITY

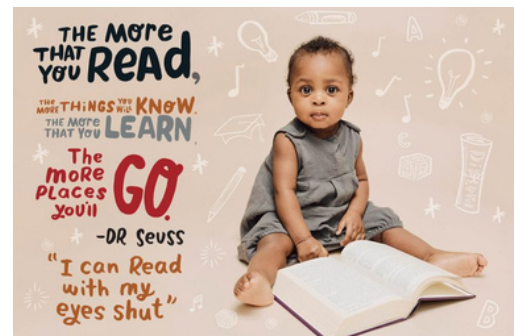
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For one, the researchers posit, chapter books encourage “deep reading.” Unlike, say, skimming a page of headlines, reading a book (of any genre) forces your brain to think critically and make connections from one chapter to another, and to the outside world. When you make connections, so does your brain, literally forging new pathways between regions in all four lobes and both hemispheres. Over time, these neural networks can promote quicker thinking and may provide a greater defense against the worst effects of cognitive decay.

New research indicates that a large vocabulary may lead to a more resilient mind by fueling what scientists call cognitive reserve. One way to think about this reserve is as your brain’s ability to adapt to damage. Just as your blood cells will clot to cover a cut on your knee, cognitive reserve helps your brain cells find new mental pathways around areas damaged by stroke, dementia, and other forms of decay. This could explain why, after death, many seemingly healthy elders turn out to harbor advanced signs of Alzheimer’s disease in their brains despite showing few signs in life. It’s their cognitive reserve, researchers suspect, that may allow some seniors to seamlessly compensate for hidden brain damage.



JAMIE CHUNG FOR READER'S DIGEST (PHOTOGRAPH) AND JOEL HOLLAND FOR READER'S DIGEST (HAND LETTERING)



JAMIE CHUNG FOR READER'S DIGEST (PHOTOGRAPH) AND JOEL HOLLAND FOR READER'S DIGEST (HAND LETTERING)

Secondly, another one of the benefits of reading books, especially fiction, is that it has been shown to increase empathy and emotional intelligence. One 2013 study found that participants who read just the first part or chapter of a story showed a noticeable increase in empathy one week later, while news readers showed a decrease. These findings may sound trivial, but they’re not; developing social tools such as empathy and emotional intelligence can lead to more (and more positive) human interaction, which in turn can lower stress levels—both of which are proved to help you live longer and healthier.

**Reading a book builds vocabulary.** So how does one build up cognitive reserve? That’s more good news for word lovers. Vocabulary is notoriously resistant to aging, and having a rich one, according to researchers from Spain’s University of Santiago de Compostela, can significantly delay the manifestation of mental decline. When the team analyzed vocabulary test scores of more than 300 volunteers ages 50 and older, they found that participants with the lowest scores were between three and four times more at risk of cognitive decay than participants with the highest scores. Reading is just one of the many ways to improve your vocabulary.

That’s not to say that magazines, newspapers, and Web articles are without merit. Reading anything that fills your mind and exposes you to new words, phrases, and facts seems to carry mental benefits.



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Benefits of reading books with foreign languages  
Learning foreign words also offers important cognitive nutrients. In fact, research shows that learning something new, such as how to play an instrument or speak a second language, is one of the best things you can do for your brain at any age. Remember that powerful network of brain connections we get from reading? Successfully learning a second language (especially as an adult) grows that network even more—making it one of the many benefits of reading. As a result, polyglots have been shown to be stronger at multitasking, superior at memorizing, and better at focusing on important information than monolingual speakers. A 2013 study in Neurology discovered that patients who spoke two or more languages developed dementia an average of 4.5 years later than monolingual patients. And while a brain that learns a second language earlier in life will likely see more cognitive advantages than a late-life learner, it is never too late to open the phrase book. You don't need to end up a fluent speaker, either. "Just having the basics of those linguistic connections can delay dementia," Dr. Thomas Bak of the University of Edinburgh told the Atlantic. When you're ready to start, try this science-backed secret to learning a new language.

Of course, learning a new language is no quick feat. Luckily, the payoff of a single lesson can provide instant gratification. Researchers from Germany and Spain had 36 participants read two sentences containing the same foreign word: "Every Sunday the grandmother went to the jedin" and "The man was buried in the jedin." When asked what jedin means, the folks who correctly guessed "graveyard" showed reactions in the same pleasure-sensing parts of the brain you'd expect from food, sex, gambling, and other satisfying stimuli. (Though when it comes to words, over-indulgence is encouraged.) Still not inspired to pick up a novel after just learning about the benefits of reading? These [39 cozy reading quotes will make you crave a good book](#).

Source:

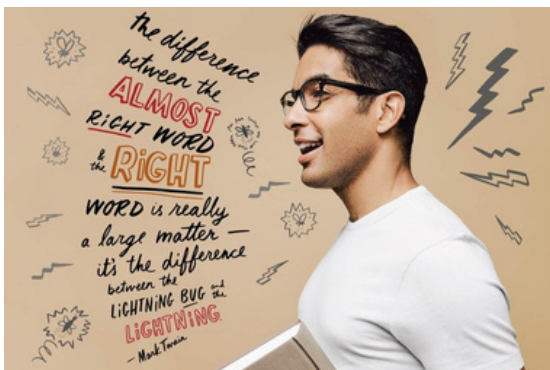
<https://www.rd.com/article/benefits-of-reading-books/>

Shared by:

**Ms Mara Barbra Nanaman**

Subject Specialist Secondary English Department

### Open House



JAMIE CHUNG FOR READER'S DIGEST (PHOTOGRAPH) AND JOEL HOLLAND FOR READER'S DIGEST (HAND LETTERING)



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## CELEBRATING THE COMMUNITY

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### NHJS Stepping Stone 2022

On 29 October 2022, we finally conducted a trial class activity for K2 students dubbed as "NHJS Stepping Stone 2022".

K2 students from various kindergartens were invited for this inaugural event in our school. Our dedicated teachers planned and carried out exciting learning activities revolving around subjects such as English Language, Science, Mathematics, Chinese Language, Physical Education, and Arts. All the children had a lot of fun doing hands-on learning and experiencing mentoring first-hand. The most valuable outcome was to see many of the participants making new friends through this exciting event.

As for the parents, we prepared the school tour and presentation delivered by our school leaders. We hope that this event fostered a passion for learning and a clear view of NHJS' learning environment. See you next time!

Regards,

**Marketing Team**







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## CELEBRATING THE COMMUNITY



4-10 NOVEMBER 2022

### SC Corner

#### The Hideaway Sponsors

To our sponsors,

We would like to express our sincere thanks and gratitude for your help in supporting our event, The Hideaway, which was held on Saturday, 15 October 2022. We're happy to announce that the event went smoothly and that the participants who took part in it were very satisfied.

We hope to see you again in the Student Council's future events!

Regards,

**The NationalHigh Student Council**



### Into Santaland

**INTO SANTA LAND!**

Santa's Watchlist, Christmas Rush, Game Booths, Giving Tree, and more! **Entrance ticket at just Rp. 75,000 until 23/11/2022!**

Saturday, **26 November 2022**  
13:00 - 21:00

Claim your **EARLY BIRD TICKETS!**

**SANTA'S WISHLIST**

Here are some of the **Into Santaland** attractions:

- 1. The Christmas Rush**  
Inspired by "The Amazing Race", groups of participants must complete several tasks and challenges to reach the finish line, with the winner being the team who finishes in the fastest time. The winner will receive a prize, which will be revealed during the event. Each team consists of a 8 people.
- 2. Santa's WatchList**  
An immersive movie experience, surrounded by friends and family. The movies displayed are Christmas classics, which will be selected through a survey. We will be selling popcorn and drinks as well.
- 3. Game Booths**  
A total of 5 game booths has been prepared to create a memorable Christmas celebration. This includes Christmas Cookie Decorating, Christmas Trivia, A Gift of Christmas, The Last Minute and Pop it!
- 4. The Giving Tree**  
As a way to encourage the giving spirit of Christmas, students will be able to post messages on sticky notes on the ornaments of a Christmas Tree located in the canteen. A donation box will be available for students to make donations.
- 5. Student Food Booths**  
Students are encouraged to set up their own food booths, with a small fee of Rp. 200,000. There will be 2 timeslots, with each timeslot having 3 booths available for students.

**INTO SANTALAND ATTRACTIONS!**

The Christmas Rush

Santa's Watchlist

Game Booths

The Giving Tree