



WEEKLY BULLETIN

CELEBRATING THE COMMUNITY

2022-2023

27 Jan - 2 Feb 2023

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VICE-PRINCIPAL'S ARTICLE

Let's pause for a moment to consider the values that are significant to our school community as we continue the academic year. Our school's core values—passion, integrity, adaptability, grace, excellence, and teamwork - are critical for our students to cultivate not just for academic success and future professional success, but also for leading fulfilling and meaningful lives.

Passion is the drive that fuels our desire to learn and grow. It is the fire that burns within us and pushes us to strive for greatness. We must strive to be passionate about our studies, our extracurricular activities, and interpersonal interactions. When we are passionate about something, we are more inclined to go the extra mile and succeed. Our teachers and staff are deeply committed to their work, and they bring their enthusiasm and energy to the classroom every day. They motivate our students to pursue their own passions with zeal and perseverance. Whether it's a student who is completely immersed in a science project, or a teacher who is dedicated to providing the best possible education for their students, passion is what propels us forward.

Our school community is built on integrity. It entails being truthful, trustworthy, and acting responsibly at all times. We believe that integrity is critical to developing solid relationships and fostering a healthy learning environment. To achieve integrity, we teach our students to always be morally upright, even when no one is looking. We also encourage them to own their mistakes and to make amends for them.

In a world that is continuously evolving, adaptability is crucial. Success requires the capacity to adjust and transform in response to shifting circumstances. We are mindful that every one of our students has unique needs and a range of experiences. Our teachers and staff make an effort to be sensitive to these needs and to design adaptable, welcoming learning environments that benefit all students. Through our curriculum and extracurricular activities, we urge our students to embrace change and new challenges and utilise them as opportunities to learn and develop.

Mindfulness, self-awareness, responsibility, and treating others with kindness and respect are all ways to attain grace. We believe that being able to handle challenging situations calmly and compassionately is crucial for being a successful student and person.

Being exceptional is a quality that defines excellence. It is frequently confused with achievement. It's true that striving for greatness in addition to a talent or passion can result in amazing achievement. However, excellence calls for constant effort, unwavering focus, and continuous growth that finally lead to the moment when we may recognise that individual as an example of excellence. Excellence, therefore, is not an act but a habit, as the ancient Greek philosopher Aristotle famously stated. We want and encourage our students to always be and do their best; to have high expectations for themselves, to work hard, and to never give up.

Finally, teamwork is essential to our success. By working together, we can do more than we could alone. To achieve success, our students are taught to be supportive of one another, to communicate effectively, and to collaborate.

CHINESE NEW YEAR ARTICLE

Xin Nian Kuai Le! Gong Xi Fa Cai

Happy Chinese New Year!

After almost three years of online learning, we are finally back to school, exalted to engage in the face-to-face celebration of the Chinese new year.

The theme for the 2023 Chinese new year in NHJS evolves around the word 'healthy', which means we should stay healthy and maintain good health practices. Health and wealth are highly valued in Chinese culture and are often mentioned in their new year greetings.

The aim of the Chinese New Year celebration is to give all members of the NHJS community an opportunity to understand the culture of the Chinese, to share our love and care for each other, and to celebrate together and pray for a happy, wonderful Chinese New Year!

—

新年快乐！恭喜发财！

二〇二三年来到癸卯兔年，在新冠病毒爆发的三年后，我们终于可以从线上转为线下，于一月二十日（年二十九）在NationalHigh Jakarta School庆祝春节。活动当天，校园呈现一片喜气洋洋的情景，好不热闹。

此次的春节主题为《健康兔宝宝 NH迎新春》，希望大家在新的一年里能有健康的体魄，继续对抗新冠疫情，同时也传递春节学校对同学与教职员工的关怀。

一月二十日上午，学校在充分做好疫情防控的前提下，于校园及多用途户外礼堂举办二〇二三学校春节联欢暨团年宴活动，让教职工和同学们感受“兔年喜洋洋”的味道。领导层和教职工出席活动，与六百余名学子与家长欢聚一堂，欣赏学生所带来的精彩表演，共迎兔年新春。

值此新春佳节来临之际，祝大家兔年吉祥，阖家欢乐，身体健康！



25 Jan 2023

Dear Parents/Guardians,

Re: Updated Dates of Co-Curricular Activities for Semester 2 (2022-2023)

Happy New Year!

We like to inform you the updated dates of CCAs for Semester 2.

1. CCAs Date(s) of Term 3 & 4: (Subject to change)

2023	Saturdays (Online)
Jan	14,28
Feb	4,25
Mar	4
Apr	1,15,29
May	6,27

Note: Y10- Y12 Students will have CCA until 4 March 2023.

2023	Thursdays	Onsite CCA
Jan	12,26	1) Colours of STEM 2) Art Club 3) TechSociety 4) NationalHighEngineeringClub 5) Soccer (Y1-Y4) 6) Basketball (Y7-Y12)
Feb	2,16	
Mar	2,16,30	
Apr	6,13	
May	4	



2023	Friday	Onsite CCA
Jan	13,27	1) Speakers Club 2) Soccer (Y5-Y6)
Feb	3,24	
Mar	3,17,31	
Apr	14,28	
May	5	

If you have any question, please contact Mr.Priyanto (Secondary & JC) or Ms.Fani (Primary).

Thank you.

Thank you.

Yours Sincerely,

Riyan Priyanto, CCA Coordinator

Fani Riyana, CCA Coordinator

cc:

Mrs Daisy Yiu, Chairperson, Board of Management

Mr Ang Hwee Khoo, Principal

Ms Shirin Salleh, Vice-Principal

All Deans

PE DEPARTMENT/**SPORT NEWS**

2nd Edition!

Hello NH Family,

We are once again conducting the physical fitness test for Y4 all the way up to Y12 students. The purpose of fitness testing is to monitor and assess the students' overall physical fitness. The test will also help students understand the importance of their overall fitness level and help them become more productive in terms of their physical activities.

We were previously using NAPFA to measure our students' fitness levels. This year, however, we are introducing the Indonesian Physical Fitness Test called Kesegaran Jasmani Indonesia.

NAPFA (National Physical Fitness Award) is originally from Singapore which is a standardised assessment of overall fitness for the general population. Our school used NAPFA for several years; however the standard level is too high that many of our students have difficulty achieving good results. This is one of the reasons why we are introducing the Indonesian Physical Fitness Test. It is simpler and easier compared with NAPFA.

The difference between NAPFA and TKJI is very significant. In NAPFA there are 6 items to be the tested.

1. 2,4 /1.6 Km run to test the endurance
2. 1 minute sit up for abdominal strength test
3. Shuttle run for speed and agility test
4. Sit and reach for flexibility test
5. Standing broad jump for lower body power test
6. Pull-up /incline pull-up for upper body strength test

TKGI has 5 items to be tested:

1. 40M/50M/60 Meters sprints depend on their ages for speed test.
2. 30-second sit-up for abdominal test
3. Pull-up/hang on the bar (depending on age and gender).
4. 600M/800M/1000M/1200M (depends on age and endurance).
5. Standing broad jump for power lower body test.

Based on observation and pre-test, our students are more comfortable using TKGI to measure their fitness level. Since this program was introduced only this year to our students, we hope to use it as our standard fitness test and endeavour on awarding certificates to our students, just like NAPFA.

We wish everybody the best of luck!

Cheers;
Mr Riyan Priyanto
Head of PE Department

PE DEPARTMENT/**SPORT NEWS**



PE DEPARTMENT/**SPORT NEWS**

NAPFA STANDARDS (SECONDARY)



STANDARDS FOR FEMALES

Age group	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	2.4 km Run-Walk time (min : sec)
12	A	5	>29	>167cm	>39cm	>15	<11.5 sec	<14:41
	B	4	25-29	159-167	37-39	13-15	11.5-11.9	14:41-15:40
	C	3	21-24	150-158	34-36	10-12	12.0-12.3	15:41-16:40
	D	2	17-20	141-149	30-33	7-9	12.4-12.7	16:41-17:40
	E	1	13-16	132-140	25-29	3-6	12.8-13.2	17:41-18:40
13	A	5	>30	>170cm	>41cm	>16	<11.3 sec	<14:31
	B	4	26-30	162-170	39-41	13-16	11.3-11.7	14:31-15:30
	C	3	22-25	153-161	36-38	10-12	11.8-12.2	15:31-16:30
	D	2	18-21	144-152	32-35	7-9	12.3-12.7	16:31-17:30
	E	1	14-17	135-143	27-31	3-6	12.8-13.2	17:31-18:30
14	A	5	>30	>177cm	>43cm	>16	<11.5 sec	<14:21
	B	4	28-30	169-177	41-43	14-16	11.5-11.8	14:21-15:20
	C	3	24-27	160-168	38-40	10-13	11.9-12.2	15:21-16:20
	D	2	20-23	151-159	34-37	7-9	12.3-12.6	16:21-17:20
	E	1	16-19	142-150	29-33	3-6	12.7-13.0	17:21-18:20
15	A	5	>30	>182cm	>45cm	>16	<11.3 sec	<14:11
	B	4	29-30	174-182	43-45	14-16	11.3-11.6	14:11-15:10
	C	3	25-28	165-173	39-42	10-13	11.7-12.0	15:11-16:10
	D	2	21-24	156-164	35-38	7-9	12.1-12.4	16:11-17:10
	E	1	17-20	147-155	30-34	3-6	12.5-12.8	17:11-18:10
16	A	5	>30	>186cm	>46cm	>17	<11.3 sec	<14:01
	B	4	29-30	178-186	44-46	14-17	11.3-11.5	14:01-15:00
	C	3	26-28	169-177	40-43	11-13	11.6-11.8	15:01-16:00
	D	2	22-25	160-168	36-39	7-10	11.9-12.2	16:01-17:00
	E	1	18-21	151-159	31-35	3-6	12.3-12.6	17:01-17:50
17	A	5	>30	>189cm	>46cm	>17	<11.3 sec	<14:01
	B	4	29-30	181-189	44-46	14-17	11.3-11.5	14:01-14:50
	C	3	27-28	172-180	40-43	11-13	11.6-11.8	14:51-15:50
	D	2	23-26	163-171	36-39	7-10	11.9-12.1	15:51-16:40
	E	1	19-22	154-162	32-35	3-6	12.2-12.5	16:41-17:30
18	A	5	>30	>192cm	>46cm	>17	<11.3 sec	<14:01
	B	4	29-30	183-192	44-46	15-17	11.3-11.5	14:01-14:50
	C	3	27-28	174-182	40-43	11-14	11.6-11.8	14:51-15:40
	D	2	24-26	165-173	36-39	8-10	11.9-12.1	15:41-16:30
	E	1	20-23	156-164	32-35	4-7	12.2-12.4	16:31-17:20
19	A	5	>30	>195cm	>45cm	>17	<11.3 sec	<14:21
	B	4	29-30	185-195	43-45	15-17	11.3-11.5	14:21-14:50
	C	3	27-28	174-184	39-42	11-14	11.6-11.8	14:51-15:30
	D	2	24-26	165-173	36-38	8-10	11.9-12.1	15:31-16:20
	E	1	21-23	156-164	32-35	5-7	12.2-12.4	16:21-17:10

PE DEPARTMENT/**SPORT NEWS**

**Tabel Nilai TKJI (For female
10 -12 years old)**

Score	Dash 40 M	pull up	sit up	Std B jump	run 600m	score
5	S.d – 6.7"	40" - Keatas	20 - Keatas	>161	s.d – 2'32"	5
4	6.8" – 7,5"	20" – 39"	14 – 19	152-161	2'33" – 2'45"	4
3	7,6" – 8,3"	8" – 19"	7 – 13	143-151	2'55" – 3'28"	3
2	8.4" – 9.6"	2" – 7"	2– 6	134-142	3'29" – 4'22"	2
1	9,7"- dst	0" – 1"	0 – 1	125-133	4'23" - dst	1

**Tabel Nilai TKJI (For male 10
-12 years old)**

Score	Dash 40 M	pull up	sit up	Std B jump	run 600m	score
5	S.d – 6.3"	51" - Keatas	23 - Keatas	>174	s.d – 2'09"	5
4	6.4" – 6.9"	31" – 50"	18 – 19	165-174	2'20" – 2'30"	4
3	7.0" - 7.7"	15" – 30"	12 – 17	156-164	2'31" – 2'45"	3
2	7.8" – 8.8"	2" – 7"	4– 11	146-155	2'46" – 3'44"	2
1	8,9"- dst	0" – 1"	0 – 3	137-145	3'45" - dst	1

PE DEPARTMENT/**SPORT NEWS**

NORM Indonesian Physical
Fitness Test

(For Male and Female)

No	Total Score	Classification of Fitness Level
1	22 – 25	Excellence (EX)
2	18 – 21	Very Good (VG)
3	14 – 17	Good (G)
4	10 – 13	Low (L)
5	5 – 9	Need Improvement (NI)

score	Dash 60 m	pull up	sit up	Std B jump	run 1000 m	score
5	S.d – 8,4”	41” - keatas	28 Keatas	>186	S.d – 3’52”	5
4	8,5” – 9,8”	22” – 40”	20 – 28	178-186	3’53” – 4’56”	4
3	9,9” – 11.4”	10” – 21”	10 – 19	169-177	4’57” – 5’58”	3
2	11,5” – 13,4”	3” – 9”	3 – 9	160-168	5’59” – 7’23”	2
1	13,5” dst	0” – 2”	0 – 2	151-159	7’24” dst	1

CNY CELEBRATION GALLERY



UPCOMING EVENTS

- 7TH CHUN SUN CUP
8 FEBRUARY 2023
UNTIL 4 MARCH 2023
- NH x ACE CUP
6 FEBRUARY UNTIL
11 FEBRUARY 2023