



# WEEKLY BULLETIN

CELEBRATING THE COMMUNITY

**2022-2023**

17 Feb - 23 Feb 2023

# WHAT'S

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## DEAN'S ARTICLE

# "The Joy and Benefits of Playtime - Why Every Child Needs Time to Play"

I had a fantastic moment in school these last two weeks! During snack and lunch breaks, it was a joy to witness our students laughing and cheerfully playing with their peers and classmates. A moment that has been missed during the two years of the pandemic. As I watch our students play tag, run around, slide down and giggle with each other, I again have seen the importance of play in their lives.

Children are more likely to succeed in school and other aspects of their lives if they can engage in various outdoor play activities. Childhood physical exercise is crucial for multiple health advantages, including enhancing heart and lung health and reducing obesity. In addition, compared to inactive youngsters, kids who play outside more frequently are likely to have higher self-esteem and academic success. Among the advantages of outdoor play are its chances for social connection, creativity, and problem-solving.

There is a world of limitless possibilities when children are allowed to play. They may invent, create, and explore new ideas during play, which helps kids become more open-minded to the world around them. In addition, playtime allows kids to express themselves and grow their creativity, whether making towers out of blocks, acting out tales with dolls, or playing tag with friends.

The growth of children includes learning how to express themselves physically. Children of all ages are driven to attempt new things because they are often more interested in exploring their surroundings than competing with their classmates. Children are encouraged to express themselves and use their imaginations when playing outside. They are free to pursue their hobbies without worrying about facing criticism or rejection. They are not required to act in a certain way. They also gain social skills through the use of negotiation strategies to resolve conflicts and reach consensus.

An essential component of playtime is physical activity. Children can develop strength, coordination, and agility through running, leaping, and climbing. This is particularly crucial when kids spend more time than ever in front of devices. In addition, they are kept healthy and active by regular exercise, which improves their mood and lowers stress.

Children receive significant emotional advantages from playing in addition to physical ones. They can relax, gain confidence, and become resilient during playtime. Furthermore, children may unwind from the demands of daily life and just be themselves when playing, whether alone or with others. This can be especially helpful for kids with emotional issues since playing allows them to express their emotions and helps them deal with trying circumstances.



## DEAN'S ARTICLE

# "The Joy and Benefits of Playtime - Why Every Child Needs Time to Play"

Independence is another significant advantage that children gain from playing. Those allowed to play and explore alone are more likely to be independent and self-assured. As a result, they are more inclined to make choices and take chances, which will benefit them throughout their life.

And lastly, playing is just simply enjoyable. Children who are allowed to play have a higher likelihood of being happy and cheerful. They can build relationships with others, use their imaginations, and relive the delight of being a kid via playtime. Children are more likely to be engaged in their education and to love school when they are happy.

In summary, playtime is an essential aspect of a child's life and brings them enjoyment and a host of advantages that will benefit them in school and afterwards. Playtime allows kids to grow, develop, and flourish, whether it be through playing with friends, using their imagination, or strengthening their physical and emotional fortitude. Therefore, it's critical as a parent to encourage your child to play and enjoy childhood activities.

**Shared by**  
**Ms Aileen Acabado**  
**Dean for Primary**



## TAK KENAL MAKA TAK SAYANG



“Tak Kenal Maka Tak Sayang”

Pepatah ini sering diucapkan sehari-hari yang memiliki arti apabila kita tidak mengenal seseorang, maka kita tidak memiliki perhatian kepada orang tersebut. Hal yang sama terjadi dengan Bahasa Indonesia, jika kita tak mengenal dengan baik makna yang tersirat di dalamnya, maka akan mustahil kita memberikan perhatian lebih kepada Bahasa Indonesia. Bahasa Indonesia adalah bahasa persatuan yang telah diikrarkan dalam sumpah pemuda sejak tahun 1928 jauh sebelum Indonesia merdeka.

Banyak hal yang bisa kita lakukan untuk mengenali dan menyayangi Bahasa Indonesia. Salah satunya adalah dengan menggali budaya serta aktivitas berbahasa yang berada di sekeliling kita. Memperbarui ilmu pengetahuan tentang bahasa negeri sendiri dapat kita peroleh melalui berita terkini yang bisa kita akses dari mana saja dan kapan pun kita mau. Memanfaatkan gawai yang memiliki jaringan internet untuk mengakses hal-hal positif seperti video interaktif, membaca cerita pendek hingga novel, dongeng hingga mengakses informasi non fiksi dari berbagai artikel yang tersedia.

Selain menggali informasi, kita juga bisa mengenali Bahasa Indonesia dengan cara mempraktikkan apa yang telah dipelajari dalam kehidupan sehari-hari. Contoh kecil adalah berbicara menggunakan Bahasa Indonesia di rumah, sekolah, maupun di lingkungan sekitar. Melalui hal ini, khazanah berbahasa akan semakin meningkat dan akhirnya timbullah rasa sayang serta bangga berbahasa Indonesia. Dengan mengenali bahasa Indonesia, kita akan mudah untuk menumbuhkan perhatian dan rasa sayang sehingga rasa bangga untuk berbahasa Indonesia pun muncul dengan sendirinya. Di bulan kasih sayang ini, marilah kita isi dengan lebih menyayangi dan bangga berbahasa Indonesia.

Aku Bangga Berbahasa Indonesia

**Shared by**  
**Bahasa Indonesia Department**

# OPEN HOUSE



**NATIONALHIGH**  
JAKARTA SCHOOL



# OPEN HOUSE



**REGISTER NOW**



**Come Visit Us!**  
**Friday, 24 February 2023**  
Time: 8.30 - 10.00 AM

**Get Waiver**  
**25%\*** up to  
cashback



# ANNOUNCEMENT

## CHUN SUN CUP FINALISTS

**春笋**  
第七届“春笋杯”华语朗诵比赛  
THE 7TH CHUN SUN CUP CHINESE LANGUAGE  
RECITATION COMPETITION

**A组决赛入围选手名单**  
**THE GROUP A FINALISTS**

Chinese Name	English Name	School
祝欣洋	Audrey Zhu Xin Yang	NHJS
柯烁源	Astro Kho Wijaya Joe	Tzu Chi
黄恩珮	Joelle Fay Widjaja	JTS
陈莉娴	Sara Taniwan	NHJS
余良景	Jeremy Kenner Yu	NHJS
徐怡琳	Erin Stella Budianto	JTS
陈炯莹	Cherryl Ganska Tan	JNY
郁芊恩	Yu Qian En / Gabriella	NHJS
许秀琳	Emily Keslyn Tarnudjin	JNY
	Nala Rukminto Hartono	JNY



# ANNOUNCEMENT

## CHUN SUN CUP FINALISTS

**春笋**  
第七届“春笋杯”华语朗诵比赛  
THE 7TH CHUN SUN CUP CHINESE LANGUAGE RECITATION COMPETITION

**召组决赛入围选手名单**  
**THE GROUP B FINALISTS**

Chinese Name	English Name	School
陈荣誉	Acelyn Valonia Tan	JNY
张楚沂	Eric Zhang	NHJS
谢睿欣	Xie Ruixin	NHJS
徐豪良	Ethan Skye Budianto	JTS
程芊雅	Yana	NHJS
许怡林	Emma Ilene Tarnudjin	JNY
张大壮	Zhang Dazhuang	JNY
王爱秀	Samantha Sofia Wangsa	JTS
郑程雷	Aldwyn Zane Winata	NHJS
侯佳敏	Reinata Hartono	NHJS



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## CHUN SUN CUP FINALISTS



**春笋**  
第七届“春笋杯”华语朗诵比赛  
THE 7TH CHUN SUN CUP CHINESE LANGUAGE RECITATION COMPETITION

**©组决赛入围选手名单**  
**THE GROUP C FINALISTS**

Chinese Name	English Name	School
余良晨	Jonathan Morwen Yu	NHJS
黄恩菲	Florence Joy Widjaja	JTS
刘佳荣	Adelyn Liu	Tzu Chi
李鑫延	I Gede Miguel Angelo Raharja	Tzu Chi
吕爱特	Jessica Lie	NHJS
徐浩仁	Eugene Shin Budianto	JTS
邱祖恩	Joanne Khoo	SPH
林冠吉	Clinton Rahardja	Tzu Chi
吴锦春	Hillary Aimee Srijaya	SPH
杨锦丰	Joseph Daniel Waruntu	NHJS



# ANNOUNCEMENT

## CHUN SUN CUP FINALISTS

**春笋**

第七届“春笋杯”华语朗诵比赛  
THE 7TH CHUN SUN CUP CHINESE LANGUAGE RECITATION COMPETITION

**D组决赛入围选手名单**  
**THE GROUP D FINALISTS**

Chinese Name	English Name	School
Hu Lu Yu	Hu Lu Yu	Tzu Chi
张慧琳	Zhang Huilin	SNA
王雅清	Jovinna Eleora	JNY
马雅凡	Maria Yeva Callysta	JNY
许慧琳	Auriella Ellyn Harjanto	Tzu Chi
黄子莹	Katherine Grace Winata	BBS
黄荣根	Ken Ananta Huang	NHJS
迪昊	Dylan suwarno	NHJS
郑佳敏	Adeline Elizabeth Tay	NHJS
高源明	Louis Kho	Tzu Chi

## NEW STAFF



**LARRAS TAQWILLAA**  
CSO



**RAHMAT ZULKIFLI**  
Operator Sekolah



**DEBBY LIM**  
Primary Teacher

# UPCOMING EVENTS

- 7TH CHUN SUN CUP  
8 FEBRUARY 2023  
UNTIL 4 MARCH 2023
- COMMUNITY WEEK  
20 FEBRUARY UNTIL  
24 FEBRUARY 2023
- OPEN HOUSE  
24 FEBRUARY 2023
- FAIRGROUNDS  
25 FEBRUARY 2023