



# WEEKLY BULLETIN

CELEBRATING THE COMMUNITY

2022-2023

6 Apr - 14 Apr 2023

# WHAT'S

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## “ DEAN’S ARTICLE

### **Toughening Up Mentally Before Examinations**

As the end of the year draws to a close, so is the dreaded final examinations. Talk to any Year 10 – 12 students, who just completed their end-of-year examinations, and they will start reacting strongly in various ways. They are not yet truly over when it comes to examinations, because of the upcoming Cambridge IGCSE and AS/A Level examinations. In a few weeks’ time, our Years 3 – 9 will also be sitting for their end-of-year examinations.

Examinations are a vital part of the academic year and of students’ academic life. It has definitely a significant impact on students’ overall academic performance. Due to this, examinations will definitely cause a lot of stress and anxiety for many students. Anyone who takes a test, in any form, will always feel nervous or experience feelings of panic and self-doubt leading up or during big examinations.

While a lot of advice out there focuses on the preparation through revisions or doing more practices, it is equally essential to mentally strengthen oneself before the big exams to ensure the best possible performance.

Here are some strategies that students can use, based from my own personal experience and of others, to mentally psyche up yourself before taking examinations.

#### **1. Positive self-talk**

There is always power coming from positively affirming to yourself that you can do what you set out to do. Students should feed their minds of positive rather than negative thoughts, such as “I have prepared well for this exam” or “I can do this.” Even in the face of insurmountable amount of materials to revise, with positive self-talk, it helps oneself to carry on, boosts self-confidence and reduce anxiety.

#### **2. Visualisation**

Creating mental pictures of how things might become or pan out is also another effective strategy for mentally preparing for exams. Students who visualise themselves performing well during the exam, will drive themselves to succeed in it. Visual imagery is actually a strategy to remember what you have studied. In addition, visualizing themselves answering difficult questions with ease would help calm them down when encountering challenging questions or problems. This technique definitely helps reduce anxiety and creates that “scene” in your subconscious brain that your brain will interpret as real.

#### **3. Exercise and relaxation techniques**

Regular exercise and relaxation techniques such as meditation or deep breathing can help to reduce stress and anxiety levels leading up to an exam. Exercise releases endorphins, which are natural mood boosters, while relaxation techniques help to calm the mind and body and increase focus. This is important since examinations can leave you overwhelmed and stressed and your body can easily coped with these when we are healthy and we know how to relax ourselves.

# “ DEAN’S ARTICLE

## 4. Time management

Time management is crucial for any tasks. Therefore, it is also crucial for us to manage our time wisely leading up the examinations. Managing your time is also one way to mentally prepare. Why? When students organise their time and create a study schedule, it will allow them to adequately allocate time for their various subjects and includes equally important activities such as breaks, exercise, entertainment and other meaningful activities, like meditation. This strategy helps to reduce the feeling of being overwhelmed and enables students to focus on studying effectively.

## 5. Sleep

This perhaps is pretty much straightforward but it is the most neglected. Students know that getting enough sleep is critical for mental and physical well-being, and it is especially important leading up to an exam but still a significant number ignore this. Students should ensure that they get a good night's sleep before the exam to be mentally alert and focused during the test.

In conclusion, mental preparation is just as important as physical preparation for big examinations. Beware that these strategies will not work if you don't give effort in the physical preparation. This article merely advises that it is also important that mental preparations should be done, apart from the usual physical preparations. Just like when an athlete prepares for their competitions, a big part of their training is to train their minds to be strong.

Students should use strategies such as positive self-talk, visualisation, exercise and relaxation techniques, time management, and sleep to mentally strengthen themselves before an exam. By implementing these strategies, students can reduce stress and anxiety levels, boost self-confidence, and perform at their best during the exam.

Shared by:

**Dexter Higinio C. Canicula**

Dean for Secondary and Junior College



## RELIGIOUS STUDIES DEPARTMENT ARTICLE

### Toleransi Beragama di Indonesia

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

Kita hidup di tengah masyarakat yang beragam. Di Indonesia khususnya dan dunia umumnya telah ditakdirkan memiliki agama, suku, tradisi budaya, latar belakang yang berbeda. Ternyata perbedaan itu adalah sebuah realitas yang harus diterima oleh siapapun sebagai warga negara yang baik. Dengan demikian, menunjukkan sikap toleransi adalah salah satu perbuatan terpuji yang harus dilakukan oleh setiap orang.



(Sumber: <https://www.klikwarta.com>)

Istilah toleransi berasal dari Bahasa Latin, “tolerare” yang berarti sabar terhadap sesuatu. Jadi, toleransi merupakan suatu sikap atau perilaku manusia yang mengikuti aturan, di mana seseorang dapat menghargai dan menghormati terhadap perbuatan orang lain. Istilah toleransi dalam konteks sosial budaya dan agama berarti sikap dan perbuatan yang melarang adanya diskriminasi terhadap kelompok atau golongan yang berbeda dalam suatu masyarakat, seperti toleransi dalam beragama.

Setiap agama yang ada di dunia mengajarkan pentingnya bertoleransi, hal ini tersirat di dalam masing-masing kitab suci sebagai salah satu cara untuk berkehidupan berkesadaran Tuhan dan memiliki sifat kemanusiaan yang beradab. Pentingnya pemahaman dan penerapan toleransi dalam kehidupan generasi masa kini merupakan agen dari sebuah perubahan yang tentunya perlu disikapi dengan baik karena sebagai salah satu pengembangan pola pikir dan tingkah laku manusia untuk menuju keseimbangan atau keharmonisan dan kemajuan sebuah peradaban di suatu negara.



## RELIGIOUS STUDIES DEPARTMENT ARTICLE

Contoh-contoh kecil penerapan bertoleransi adalah mempersilakan teman atau tetangga kita yang sedang ingin beribadah dan merayakan hari besar menurut agamanya dengan cara tidak mengganggu, misalnya tidak menyalakan musik keras-keras dan tidak membuat kegaduhan dilingkungan tersebut. Ini sebagai salah satu bentuk menghargai dan menghormati orang lain dengan bijaksana.

Menunjukkan sikap toleransi memiliki manfaat positif yang banyak. Jika setiap orang memiliki sikap toleran yang tinggi tentu dalam kehidupan ini akan terhindar dari berbagai kekerasan dan diskriminasi, hati tenang dan damai, serta mengembangkan vibrasi kebahagiaan pada semua makhluk. Secara alamiah, manfaat tersebut memberikan dampak pada kehidupan setiap orang dan lingkungan, seperti menguatkan prinsip pluralisme dan persaudaraan.

Kehidupan dalam sebuah perbedaan dianalogikan seperti hidup di tengah taman-taman yang memiliki beragam warna bunga dan bentuk. Perbedaan itu menghiasi dan memperindah khazanah diri sehingga terbentuknya rasa kebanggaan dan kepuasan diri untuk tetap mempertahankan perbedaan sebagai hal yang indah dan karunia dari Tuhan Yang Maha Esa. Dengan demikian, mari kita tunjukkan sikap toleransi kepada siapapun dalam bingkai Bhinneka Tunggal Ika.

Shared by:

**Halfian**  
Religious Studies Subject Specialist

## NEW YORK UNIVERSITY VISIT

We were pleased to have the NYU Assistant Director of Admissions - Bridget Halstead, visit NationalHigh Jakarta School on 5 April 2023. Our Year 11 got insight, information, and tips about NYU applications and the majors offered. Bridget advised on personal statements, supplementary essays, and what extracurricular activities NYU seeks. Students can choose between NYU Shanghai and NYU Abu Dhabi for their one-year exchange program to gain international experience. Additionally, NYU is well-connected to major corporations for internships and professional networks.

Our Year 11 students made a great impression. Bridget was impressed by our students' questions and feedback. This info session will definitely benefit future NH students' application to NYU.



Shared by:

**Josh Lim**  
University Counselor

## YEAR 9 FIELD TRIP STUDENT'S TESTIMONIES

During the field trip, the Y9 students visited the Benteng Heritage Museum in Tangerang. We were split into 2 groups, with a guide from the museum leading each one. We explored the different historical places of importance around the area, which included a graveyard, a shrine beside a lake, and a Buddhist temple. We also went around a traditional Chinese house. Some notable things we learnt was that the doors of the house could not be unlocked from the outside, so one person must stay inside the house during vacations. We also learnt about the old beauty standards, in which women were expected to break their feet to be smaller, which was supposed to symbolize wealth. Lastly, we had the traditional lontong for lunch. **Nichelle Himawan, Y9E**

During the field trip, the Y9 students visited a Chinese museum called the benteng heritage in Tangerang. Upon arrival, the Y9 were split into two groups, each following a different guide. The museum was split into several locations, one was a temple and the other two a house. To travel between the destinations, we had to cross a pasar as the museums were in the pasar. In the Chinese temple, we learnt the different types of gods in that temple and how people worship and give offerings to them. In the Chinese house, we learnt interesting cultures and antiques present and the house. Right before returning to school, we had to shape odeng, and there we learn that the smaller it is the more flavor it is likely to have. The most interesting gimmick in the field trip was a door, to be specific the door's lock. The lock had a interesting contraption where you would have to press a button to open the lock to open the door. **Howard Hiu, Y9E**

While exploring the Chinese Heritage Museum in Tangerang, I was taken aback and astounded by the unique history that was shared with me. I felt both frightened and amazed at how traditional culture can influence one's behavior, whether for good or bad. It's worth mentioning that the experience was not only informative but also enjoyable, as I was able to share it with my friends. **Marianne Sophie Soegiarto, Y9G**

Our field trip was an eye-opening experience for all of us, as we were given the opportunity to explore and discover more about Chinese culture. Through an interactive session with the tour guide and various activities conducted, I noticed how traditions played a crucial aspect in life, whether to influence our way of thinking or our behaviors. Overall, this was an unforgettable moment for us to appreciate the importance of Chinese culture in Indonesia. **Clarisse Elaine Huang - Y9G**

We went to tangerang to see a chinese village. We were guided through the village with a tour guide around the museum and other historical areas. We were shown cultural items regarding chinese indonesians and their history. We also made traditional desserts.  
**Calvin Abdullah, Y9T**



During the field trip on 31 March, my friends and I in the Y9 batch visited the Benteng Heritage Museum in Tangerang. We were divided into 2 groups with the guide from the museum. I explored many historical places such as a graveyard, a Buddhist temple, a traditional Chinese house and a Traditional market. I learnt that in one of the houses the door has to be unlocked from the outside so one person has to stay inside the house during vacations. I also learnt that women have to break there to symbolize health and I can learn new things about Chinese culture, which we found in the Cisadane River where there is a track of Chinese people when they first arrived. Lastly, we make onde-onde and eat traditional lontong. **William Gunawan, Y9T**



# ACKNOWLEDGEMENT



**NATIONALHIGH**  
JAKARTA SCHOOL

## CONGRATULATIONS!

**REBECCA HARTONO**  
**YEAR 1 PASSION**  
FLOOR - GOLD  
BALANCE BEAM - GOLD  
VAULT - GOLD  
UNEVEN BARS - GOLD



BANGKOK GYMNASTICS MOOSE GAMES INVITATIONAL MEET



**NATIONALHIGH**  
JAKARTA SCHOOL

## CONGRATULATIONS!

**RILEY TANDANU**  
**YEAR 1 INTEGRITY**  
FLOOR - GOLD  
BALANCE BEAM - SILVER  
VAULT - GOLD  
UNEVEN BARS - GOLD



BANGKOK GYMNASTICS MOOSE GAMES INVITATIONAL MEET



**NATIONALHIGH**  
JAKARTA SCHOOL

## CONGRATULATIONS!

**AUDREY EMILIA BUDIYANTO**  
**YEAR 5 GRACE**  
FLOOR - GOLD  
BALANCE - GOLD  
VAULT - GOLD  
UNEVEN BARS - SILVER



BANGKOK GYMNASTICS MOOSE GAMES INVITATIONAL MEET

## ANNOUNCEMENT

### **Change in Cuti Bersama Dates Hari Raya Idul Fitri 2023**

With reference to Surat Keputusan Bersama (SKB) Perubahan Hari Libur Nasional (Harlibnas) dan Cuti Bersama 2023 which we received from the Indonesian Government on 29 March 2023, please note that the dates for Cuti Bersama (Joint Leave) Hari Raya Idul Fitri 2023 have been rescheduled to 19 April 2023 (Wednesday) until 25 April 2023 (Tuesday).

We understand that this change may cause inconvenience to families who have already made plans based on the original Cuti Bersama dates. Therefore, we have decided to conduct home-based learning on 26 April 2023 (Wednesday) to accommodate the students.

In case any student is unable to attend the home-based learning, they can access the recorded lessons and learning materials from the Google Classroom to help them catch up with the day's lessons.

Students who will be sitting for the CAIE AS Level Global Perspectives & Research examination on 26 April 2023, the examination will proceed as planned.

# UPCOMING EVENTS

- GOOD FRIDAY AND EASTER  
SUNDAY  
(THE SCHOOL WILL BE CLOSED ON  
GOOD FRIDAY)  
7 APRIL 2023
- SC PROM  
8 APRIL 2023
- Y12 GRADUATION  
15 APRIL 2023
- SASMO  
15 APRIL 2023
- CUTI BERSAMA (JOINT LEAVE)  
HARI RAYA IDUL FITRI 2023  
19 APRIL 2023 UNTIL  
25 APRIL 2023