



# WEEKLY BULLETIN

CELEBRATING THE COMMUNITY

2022-2023

19 - 25 May 2023

# WHAT'S

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# “ DEAN’S ARTICLE

## WHEN EXAMS ARE OVER, WHAT NOW?

End-of-Year (EYR) examinations at NH are a critical part of a student's academic life. They are a culmination of a year's worth of learning and are used to evaluate a student's understanding of various subjects. The dreaded year-end examinations will soon be over in a few days. After completing their year-end examinations, students often experience a sense of relief and accomplishment. Whether we are successful or not, did very well or failed, it will be determined once the papers are returned. While we cannot do anything about the results, the learning process should continue. The post-examination process should be as important as the pre-examination preparations. It is essential that students should realise that learning is a journey, and it never ends in examinations, nor it ends after examinations.

To ensure or sustain academic success even when examinations are over, students should make some time to do the following.

### 1. Reflect on your performance

Self-reflection is a very important skill to develop in students while they are still young. A reflective learner will be able to deepen one's understanding on concepts. Self-reflection after examinations will then allow students to evaluate their performance. In doing self-reflection, students can identify their strengths and weaknesses in specific subjects or topics. Students can understand where they need to focus their efforts and work on improving their weaker areas. They can also understand their learning style and identify the most effective study strategies that work for them in the future. As a consequence, students will be able to form a positive self-image of themselves and increase their self-confidence when taking examinations.

Since self-reflection entails that they look inwards, students develop self-awareness, enabling them to make informed decisions about their academic goals and priorities. This will push them to become more focused and motivated, leading to better academic performance. It can also help students develop a growth mindset, where they view challenges as opportunities for learning and growth.

Another benefit of self-reflection after examinations is that it can help students manage stress and anxiety. Taking examinations is a stressful activity and students will definitely be overwhelmed and anxious during the exam period. Self-reflection can help students process their emotions and manage their stress levels. By reflecting on their performance, students can identify the sources of their stress and develop coping strategies to manage it.

# “ DEAN'S ARTICLE

## 2. Set academic goals

After reflecting on their performance, students should make an action plan and set their academic goals accordingly. By setting goals, students can focus their efforts and attention to achieve academic success.

If students are clear about their goals, it will provide them with a clear direction and purpose. Having specific goals drawn out after examinations will allow students to chart their next move, prioritise their efforts and allocate their time and resources effectively.

It can also ignite their motivation and drive and they are more likely to be engaged put in the necessary effort and persist even when faces with obstacles and challenges later. By setting meaningful and achievable goals, students can optimise their academic potential, enhance their learning experiences, and make them an accomplished learner.

## 3. Identify areas of improvement

Students should strive for continuous improvement in learning. The best way to do this is to first identify areas where they need to improve and work on developing new study habits. For example, if a student struggles with time management, they can work on prioritising their tasks and using their time more efficiently. They should plan so that in the future, those subjects that require more attention and time will require more preparation time.

Similarly, if a student has difficulty with a particular subject or concept, they can seek extra help or have consultation from a teacher. They can also have more targeted exercises on these specific areas of concern until such time that they will become more proficient in those areas. There are also a wealth of resources online where students can refer to them or watch videos from the internet explaining more on these topics.

The point of this exercise is when students recognise their weaknesses and will actively work on them, they are more likely to achieve better performance. This would translate to better grades, increased self-confidence and a better sense of self.

Identifying areas for improvement instils allows the lifelong learning mindset. This will not only benefit them during their academic journey but their entire life. Understanding that there are always areas they can develop will allow students to grow, develop, seek more knowledge and skills, raises their bars and will always seek opportunities when challenges face them.

## “ “ DEAN’S ARTICLE

### **4. Stay engaged in learning**

Students should continue to stay engaged in learning even after their EYR examinations are done. At NH, teachers will always go through the concepts or skills, during the post-EYR discussions, that were found to be common misconceptions of students. It is best that students pay attention during these discussions to develop a deeper understanding afterwards. The biggest problem with learners after examinations is the feeling that it is the end of learning. What follows is the wrong mentality that whatever discussions that will ensue is not as important as those discussions done before the examinations.

It is important to sustain their engagement to learning by being attentive and focused during these discussions. Continue to become interested and ask questions that will help clarify your misconceptions. Even during the holidays, when the students are not very busy, they can still read books, watch educational videos, or participate in online courses to continue learning and expanding their knowledge. This will help students stay motivated and develop a love for learning that will benefit them in the long run.

### **5. Continue taking care of your mental and physical health**

The whole world just recovered from Covid and it taught us a lot, especially in terms of taking care of our physical and mental health. Examinations are stressful and it is always observed that during the examination periods, health problems are on the rise. All students would have felt the pressure and anxiety during the preparation period and some even became sick during their examinations.

After the completion of the examinations, it is therefore important to focus on recharging and getting back your health. Students should force get enough sleep, exercise regularly, and eat a healthy diet. Students should also take breaks and be engaged in activities that help them relax and recharge. This will help students stay focused, motivated, and energised to achieve their academic goals.

While end-of-year examinations are an important juncture of students' life, they are never the end of their academic journey. Therefore, it is equally important to treat post-EYR activities as part of the whole process of learning rather than just focusing on activities leading up to it. The post-EYR process is also crucial to the achievement of academic success of NH students since it will allow them to recognise their strengths and weaknesses, do a reflection, set goals, create an actionable plan and achieve enduring understanding. Embracing this process will not only maximise their learning potential but also growth mindset.

Shared by

**Mr Dexter Canicula**

Dean for Secondary/Junior College



## ENSURING SAFETY DURING EXTREME HOT WEATHER

Have you experienced any unusual heat temperatures this past few weeks? Why are we experiencing this?

According to The Jakarta Post, parts of Asia have been reporting extreme heat this month, with some countries witnessing record-breaking temperatures. "What is happening right now is caused by climate change, which is influencing abnormal weather patterns and a phenomenon that is called extreme weather," said Dr Mathinee Yucharoen, a researcher of coastal oceanography and climate change at Prince of Songkhla University, in a statement to Reuters.

### What are the impacts of extreme heat?

Extreme heat events can be dangerous to health – even fatal. These events result in increased hospital admissions for heat related illness, as well as cardiovascular and respiratory disorders.

In a document published by the Centers for Disease Control and Prevention and American Public Health Association (n.d.), extreme heat events can trigger a variety of heat stress conditions, such as heat stroke. Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature. Body temperature rises rapidly, the sweating mechanism fails, and the body cannot cool down. This condition can cause death or permanent disability if emergency treatment is not given. Small children, the elderly, and certain other groups including people with chronic diseases, low-income populations, and outdoor workers have higher risk for heat-related illness.

In addition, higher temperatures and respiratory problems are also linked. One reason is because higher temperatures contribute to the build-up of harmful air pollutants.

### How can we ensure safety during this hot weather condition?

The following are the suggested ways to ensure safety during extreme hot weather.

**Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid caffeinated or alcoholic beverages as they can contribute to dehydration.

**Seek Shade or Air Conditioning:** Stay in cool, shaded areas as much as possible. If indoors, use air conditioning or fans to maintain a comfortable temperature. If outdoors, seek shade under trees, canopies, or umbrellas.

**Dress Appropriately:** Wear lightweight, loose-fitting, and light-colored clothing that allows your body to breathe and helps reflect sunlight. Protect your head and face with a hat or cap.



## ENSURING SAFETY DURING EXTREME HOT WEATHER

**Limit Outdoor Activities:** Minimize physical exertion and outdoor activities during the hottest parts of the day, typically from late morning to early evening. If you must be outside, take frequent breaks in shaded or air-conditioned areas.

**Check on Vulnerable Individuals:** Keep an eye on the well-being of elderly family members, young children, or those with chronic illnesses who may be more susceptible to heat-related issues. Ensure they have access to a cool environment and are staying hydrated.

**Use Sunscreen:** Apply a broad-spectrum sunscreen with a high SPF (Sun Protection Factor) to protect your skin from harmful UV rays, even on cloudy days. Reapply it as directed.

**Stay Informed:** Stay updated on weather forecasts and heatwave warnings issued by local authorities. Be aware of any emergency measures or guidelines provided by your community.

The spokesperson for Indonesia's Ministry of Health, Mr Mohammad Syahril, urges the public to remain vigilant when symptoms appear, such as excessive sweating, the skin feeling hot and dry, a feeling of palpitations or a faster heartbeat, pale skin, cramps in the legs or abdomen, nausea, vomiting, dizziness, and a reduced amount of urine with a thick yellow color. He advises the public as well to cool the body with a wet cloth or wet sponge on the wrist, neck, and other body folds, and drink lots of water if these symptoms appear. If you are still experiencing symptoms, please visit the nearest health facility for immediate treatment.

By practicing these simple actions, you can significantly reduce the risks associated with excessive heat conditions and ensure your safety during this season of extreme hot weather.

Shared by:

**Secondary Science Department**

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## FIELD TRIP: YEAR 2 DISCOVERS NATURE'S WONDERS

On May 15, the students of Year 2 embarked on a thrilling and educational field trip to Sentul Fresh Farm in Bogor. The day was filled with exciting activities that allowed the students to interact with various animals, engage in hands-on experiences, and deepen their understanding of the natural world. The trip was a resounding success, providing both enjoyment and valuable learning opportunities for all the students.

The field trip commenced with the students eagerly participating in a range of captivating activities. The day began with the feeding of different kinds of fish in the ponds. The students marvelled at the big fish as they dispersed food pellets into the water, observing the fish happily swimming and devouring their meals.

Next, the students had the opportunity to feed and catch pigeons. They were fascinated by the graceful birds as they fluttered around, eagerly accepting the food offered to them. It was a delightful experience for the students to interact with these friendly creatures up close. The following activity involved making yoghurt, where the students discovered the process behind creating this nutritious dairy product. Under the guidance of farm staff, the students actively participated in preparing yogurt, learning about the ingredients and the importance of hygiene during food preparation.

Continuing their exploration, the students then engaged in the task of milking cows. With gentle guidance from the farm staff, they gained an understanding of the milking process and the significant role of cows in providing milk for human consumption. This hands-on experience left a lasting impression on the students, fostering an appreciation for the efforts involved in dairy farming.

The adventure continued as the students fed hamsters and rabbits, relishing the chance to interact with these adorable animals. They were taught how to handle these small creature with care and empathy, fostering a sense of responsibility towards animals and their well-being. In a unique and exciting activity, the students were encouraged to touch worms. Although initially hesitant, they soon overcame their apprehensions and discovered the important role that worms play in soil health and plant growth. This hands-on encounter with nature expanded their knowledge and instilled a sense of wonder and curiosity about the interconnectedness of living organisms.

Lastly, the students had the pleasure of feeding two majestic deer. These gentle creatures delighted the students with their graceful movements and docile nature. It was a wonderful opportunity for the students to appreciate the diversity of animal life and learn about their dietary needs.

The field trip was further enhanced by a smooth journey to and from Sentul Fresh Farm. The absence of heavy traffic ensured that the students arrived promptly, and even ahead of schedule. The efficient transportation arrangements contributed to a stress-free and enjoyable outing.





## FIELD TRIP: YEAR 2 DISCOVERS NATURE'S WONDERS

To facilitate learning and encourage reflection, each student was provided with a specially prepared booklet. The booklet contained spaces for the students to record their observations and learnings throughout the day. They were encouraged to note down their experiences, identify the names of plants and animals encountered, understand the requirements for plant growth, and grasp the importance of cultivating plants. This interactive tool promoted active learning and allowed the students to reflect on their newfound knowledge.

The Year 2 field trip to Sentul Fresh Farm was an immense success, offering the students a blend of excitement, hands-on experiences, and valuable insights. Through activities such as feeding fish, pigeons, hamsters, and rabbits, making yogurt, milking cows, touching worms, and feeding deer, the students had the opportunity to deepen their understanding of the natural world and cultivate a sense of appreciation for the diverse organisms that inhabit it. Coupled with a smooth and punctual journey, the students returned with joyful memories and a newfound enthusiasm for learning about the world around them. The field trip truly accomplished its goal!

Shared by:

**Ms Elvie Petiza Moreno**

PIC of Year 2 Field Trip

# “ FIELD TRIP: YEAR 2 DISCOVERS NATURE'S WONDERS

## GALLERY





# FIELD TRIP: YEAR 2 DISCOVERS NATURE'S WONDERS

## GALLERY



# ACKNOWLEDGEMENT

 **NATIONALHIGH**  
JAKARTA SCHOOL

**GOLD** 

## CONGRATULATIONS!

  
Rebecca Hartono (Y1P)

  
Connor Macallan Winata (Y4E)

  
Rachele Hartono (Y5E)

  
Adeline Elizabeth Tay (Y8A)

  
Nasya Gunawan (Y9E)

  
Nobel Suhendra (Y10E)

**SINGAPORE & ASIAN SCHOOLS  
MATH OLYMPIAD 2023**

  
Singapore & Asian Schools  
Math Olympiad

 **NATIONALHIGH**  
JAKARTA SCHOOL

**SILVER** 

## CONGRATULATIONS!

  
Reinata Hartono (Y3P)

  
Kyle Hayden Christopher  
Winata (Y6G)

  
Chace Nusantoro Liu (Y7P)

  
Kief Felizio Kurniawan (Y8A)

  
Jayden Leo (Y8P)

  
Amadeo Dave Ra  
Nakanantha (Y8P)

  
Nichelle Himawan (Y9E)

  
Stuart Davis Tioniwar (Y10T)

**SINGAPORE & ASIAN SCHOOLS  
MATH OLYMPIAD 2023**

  
Singapore & Asian Schools  
Math Olympiad

# ACKNOWLEDGEMENT



**NATIONALHIGH**  
JAKARTA SCHOOL

**BRONZE** 

## CONGRATULATIONS!



Aurelia Catherine  
Suwandi (Y3I)



Aldwyn Zane Winata (Y3I)



Vara Taniwan (Y4G)



Ethaniel Darsten Lim (Y5T)



Ang Zachary (Y6E)



Megan Tjandra (Y6T)



Clifton Mayer Gandha (Y6G)



Kayla Gunawan (Y7P)

**SINGAPORE & ASIAN SCHOOLS**  
**MATH OLYMPIAD 2023**





**NATIONALHIGH**  
JAKARTA SCHOOL

**BRONZE** 

## CONGRATULATIONS!



Kiera Aurella Yasa (Y8P)



Sara Widjaja (Y8A)



Gwyneth Faith Liyanto (Y8I)



Gavin Firdaus (Y8P)



Amanda Kaela Affandy (Y8A)



Dylan Michael Jaya (Y9E)



Jesslyn Perdana (Y11P)

**SINGAPORE & ASIAN SCHOOLS**  
**MATH OLYMPIAD 2023**



# ACKNOWLEDGEMENT



**NATIONALHIGH**  
JAKARTA SCHOOL

HONOURABLE  
MENTION



## CONGRATULATIONS!



Jessie Tjajj (Y3I)



Ellen Setiadi (Y3I)



Adriel Zacharie Winata (Y8A)



Alika Tirtawisata (Y8I)

SINGAPORE & ASIAN SCHOOLS  
MATH OLYMPIAD 2023



**SASMO**  
Singapore & Asian Schools  
Math Olympiad



**NATIONALHIGH**  
JAKARTA SCHOOL



## CONGRATULATIONS!



**Sara Widjaja (Y8A)**  
1 GOLD MEDAL  
5 SILVER MEDALS

WORLD SCHOLAR'S CUP 2023



the World  
Scholar's Cup®

# ACKNOWLEDGEMENT



 **NATIONALHIGH**  
JAKARTA SCHOOL



## CONGRATULATIONS!



**Adriel Zacharie Winata (Y8A)**  
2 GOLD MEDALS  
5 SILVER MEDALS

WORLD SCHOLAR'S CUP 2023 



 **NATIONALHIGH**  
JAKARTA SCHOOL



## CONGRATULATIONS!



**Adeline Elizabeth Tay (Y8A)**  
2 GOLD MEDALS  
3 SILVER MEDALS

WORLD SCHOLAR'S CUP 2023 

# ACKNOWLEDGEMENT



 **NATIONALHIGH**  
JAKARTA SCHOOL

 

## CONGRATULATIONS!



**Alyssa Lilian Dnata (Y5E)**  
6 GOLD MEDALS  
2 SILVER MEDALS

WORLD SCHOLAR'S CUP 2023  **the World Scholar's Cup®**



## ANNOUNCEMENT

### **Summer Program - Hokkaido International School, Japan**

This program is run by Hokkaido International School in Sapporo, Hokkaido, Japan on 19 - 22 June 2023. The program fosters mindful leadership and learning through academic pursuit, character development and global engagement, which includes experiential learning through the surrounding environment.

A maximum number of 10 student participants is allotted for schools under the PIAGET Academy. Price is estimated at USD5000 per student.

For more information, please contact Dean for CDSA, Ms Ong CG at [ongchweegeok@nh.piagetacademy.org](mailto:ongchweegeok@nh.piagetacademy.org).

### **Major Renovation in Progress for the School's Swimming Pool**

From 17 May to 17 July 2023, our school's swimming pool is undergoing significant refurbishment. For everyone's safety, access to both the pool and the surrounding deck area is prohibited until all renovation work has been completed.

# UPCOMING EVENTS

- CAIE IGSCE/AS/A LEVEL  
24 APRIL - 9 JUNE 2023
- Y1 FIELD TRIP  
19 MAY 2023
- EYR Marking & Make-up Exam Day  
26 MAY 2023