



BI-WEEKLY BULLETIN

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CELEBRATING THE COMMUNITY

Passion Integrity Adaptability Grace Excellence Teamwork

2024 - 2025 30 AUGUST - 12 SEPTEMBER 2024





WHAT'S INSIDE HIS ISSUE

01 DEAN'S MESSAGE

02

INDEPENDENCE DAY CELEBRATION

03

STUDENT COUNCIL: TRAINING CAMP 1



HUMANITIES: WHY STUDY ECONOMICS?

05

06

BOOKS RECOMMENDATION ACKNOWLEDGEMENT

07

HIGHLIGHTS/ ANNOUNCEMENT UPCOMING EVENTS







Unlocking the Key to Success: Raising Empathetic and Thriving Children

Every parent dreams of findings the "secret ingredients" that will help their child develop into successful, caring, and compassionate individual. Does such an ingredient exist? The outcome is influenced by your mindset and how you translate it into your parenting practices.

Think about this - Does your child believe that people are born with empathy or an ability that can be developed? What about you? Surprisingly, the answer impacts whether children become caring, compassionate, and kind adults. What they believe about empathy is a significant factor in determining their actions in the world – actions that help each child define and realize their key to success.

A study conducted by psychologists Carol Dweck, Karina Schumann, and Jamil Zaki revealed that individuals who believe empathy can be cultivated are likelier to understand and share the feelings of others compared to those who see empathy as a fixed trait. Moreover, when people learn that empathy can be nurtured, they become more inclined to empathise with those from different ethnic backgrounds.

It's a fact: We naturally tend to empathise with those who are "like us". However, by shifting your child's mindset to believe that empathy is a trait that can be enhanced, you empower them to connect with others who are "not like me". This mindset shift fosters empathy and strengthens another critical key to success—our ability to build positive relationships (sociability). Adopting a growth mindset about empathy has the potential to reduce bullying, racial tensions, and hatred while shaping children into compassionate, selfless leaders who leave a positive mark on the world.

4 MINDFUL STEPS to Nurture Empathy:

The book, UnSelfie: How to Raise Empathetic Kids in an All-About-Me World highlights four actionable steps to instil a caring mindset in children.



By incorporating these simple steps at home, you'll not only help your child develop a mindset for growing empathy, but you'll also guide them toward discovering their key to success—a philosophy of life they'll embrace as their own.

STEP 1: Teach the Growth Mindset Model

Explain to your child: "Empathy, like a muscle, grows stronger with practice. The more you practice understanding others' thoughts and feelings, the better you'll understand them. Practice is the key to success."

STEP 2: Emphasize Effort Over Outcome

Focus on the process rather than the result. Praise efforts to help others "You made an effort to brighten Grandpa's day with your kindness" rather than just the outcome "You delivered twenty canned goods today!". This subtle shift emphasises that empathy can be expanded through effort.

STEP 3: Encourage Regular Practice

Children who view themselves as altruistic are likelier to engage in helping behaviours. Provide opportunities for your child to see themselves as someone who helps others:

- Keep a donation box handy for gently used toys they can give to a shelter.
- Encourage them to donate a portion of their allowance to a charity.
- Find ways to help others as a family, such as assisting an elderly neighbour with yard work.

Keep reinforcing: "Practicing empathy is how we become more caring."

STEP 4: Reflect on the Impact

Research by Dr Ervin Staub shows that children who have opportunities to help others tend to become more helpful, primarily when reflecting on their actions' impact. Reflection is a key to success, encouraging a growth mindset about empathy. Ask your child to consider their experiences: "What did the person do when you helped them? How do you think they felt? How did you feel? Is it easier to lend a hand now than before?"

The Special Recipe

As we seek that "special ingredient" for raising a healthy, thriving child, remember that the key lies in our approach's ongoing growth and development. By fostering a growth mindset in our children, we can raise empathetic individuals who view empathy as the True North of their moral compass.



Above all, let's remind our children that they are kind, and their caring efforts make a difference. Our first step is to ask, "What grade did you get?" and "What kind of act did you do today?". This simple step helps children understand that we value kindness as much as achievement.

Reference: "The Key to Success is within your child's developing mind." by Michelle Borba, Ed.D. <u>http://www.rootsofaction.com/key-to-success-children/</u>

Shared by

Ms Aileen Acabado Dean for Primary



INDEPENDENCE DAY CELEBRATION

Selebrasi Kemerdekaan Republik Indonesia ke-79 Nusantara Baru Indonesia Maju

Pada hari Senin tanggal 19 Agustus 2024, sekolah NHJS merayakan hari Kemerdekaan Indonesia yang ke-79 dengan acara yang meriah dan penuh makna. Hari itu dimulai dengan upacara pengibaran bendera yang khidmat, melambangkan persatuan, dan patriotisme. Upacara dipimpin oleh Bapak Rizky Reza selaku kepala sekolah yang menyampaikan pidato pembuka yang inspiratif yang menekankan pentingnya persatuan dan kesatuan bangsa Indonesia.

Usai upacara, para siswa melakukan permainan tradisional Indonesia seperti bentengan, balap karung, balap bendera, balap kelereng, dekorasi nasi tumpeng, mewarnai, dan joget balon serta makan kerupuk, yang menumbuhkan kerja sama tim dan sportivitas.

Tawa dan sorak-sorai menggema di seluruh sekolah saat para siswa berkompetisi dengan penuh semangat, wajah mereka memancarkan kegembiraan dan persahabatan. Di luar kemeriahan tersebut, perayaan hari kemerdekaan ini merupakan ungkapan rasa syukur yang mendalam atas kebebasan yang dinikmati bangsa. Ini adalah sebuah platform untuk menanamkan rasa nasionalisme yang mendalam pada generasi muda, mendorong mereka menjadi warga negara yang aktif dan bertanggung jawab.

Selanjutnya, perayaan dilanjutkan dengan sajian makanan tradisional Indonesia, termasuk nasi tumpeng, cincau hijau, es podeng, coco jelly, air tebu, nasi kuning, pempek, makanan zaman dahulu, aneka roti, mi ayam, dan bakso malang yang mana sumber makanan tersebut adalah sumbangan dari para orang tua peserta didik dan pihak sekolah sangat berterima kasih atas donasi tersebut.

Acara ini diakhiri dengan kompetisi antarguru, departemen, dan staf, yang mana hal ini semakin memperkuat kebersamaan sesama guru khususnya dan karyawan sekolah pada umumnya. Banyak peserta didik yang merasa senang dengan adanya selebrasi ini dan disampaikan dalam beberapa pesan berikut:

"Di MPH terdapat banyak pilihan makanan tradisional dan pemainan tradisional. Terdapat upacara bendera di pagi hari, kemudian dilanjutkan dengan permainan mengambil koin dan joget balon. Saya berharap tahun selanjutnya terdapat lebih banyak permainan di tingkat Sekolah Dasar".

- Vara Taniwan, Y6G

"Upacara kemerdekaan sanga menarik!. Saya dan teman – teman melakukan banyak aktivitas seperti bermain, melakukan dekorasi tumpeng dengan daun dan dekorasi lainnya yang berbentuk bunga – bunga. Saya sangat senang bisa bermain, makan dan berbicara dengan teman – temanku".

- Naomi Rezchild Andriansyah, Y8P

"Makanan yang dibagikan sangat cocok dengan seleraku. Akan tetapi lebih baik jika makanannya disajikan lebih awal seperti pada saat jam istirahat. Kegiatannya mencukupi tetapi lebih seru jika terdapat permainan seperti bentengan atau bambooste".

- David Nicholas Gunawan, Y11P



INDEPENDENCE DAY CELEBRATION

Hari tersebut merupakan perayaan kemerdekaan Indonesia ke-79 yang penuh kegembiraan, kesukacitaan, dan merupakan bukti nyata dedikasi sekolah dalam memupuk kebanggaan dan persatuan bangsa di kalangan siswa dan staf.

Akhir kata, marilah kita tingkatkan rasa cinta tanah air kita dengan mendukung produk lokal, menggunakan, dan senantiasa bangga dengan produk buatan Indonesia, selalu menghormati perbedaan serta menjaga persatuan dalam keragaman.

Shared by

Mr Anthony Mark

PIC of Independence Day Celebration















INDEPENDENCE DAY CELEBRATION





















STUDENT COUNCIL: TRAINING CAMP 1

To empower student leadership within the school, the Student Council hosted two weeks of training sessions. On 24 August 2024, members gathered in MPR1 and the canteen, where committees worked tirelessly on their proposals and presentations, which included unique ideas that will come to fruition in future events. Additionally, they focused on developing their skills to become effective Student Council members. Although they faced challenges, the experience was a true testament to their collaboration, perseverance, and resilience.

Before the main training event, Student Council members, particularly committee heads and deputy heads, held two sessions on 14 and 21 August 2024. These meetings were designed to enhance their understanding of SC expectations and to strengthen the bonds between committee leaders and members. They participated in icebreaker games and engaged in personal conversations to create a friendly and comfortable environment. As they move forward, the Student Council is more united than ever, ready to tackle the tasks ahead with renewed energy, a shared sense of purpose, and a stronger sense of camaraderie.



The day began bright and early with a sharing session led by SC Mentors, Mr. Indra and Ms. Nela, who provided valuable insights on creating eye-catching presentations and engaging icebreakers as the students got to know each other. Once it was time for the first proposal-making session, the energy was palpable. Whether the members were new or returning, the discussions were vibrant and enthusiastic, with everyone intensely focused on their respective projects. It was clear that their hard work, leadership, and strong commitment to excellence were coming together as a unified effort.



After working diligently for two straight hours, it was time for their dedication to be carefully evaluated by experienced members of the governing committee and mentors. The presenters were spot on, displaying enthusiasm and a keen interest in sharing their event ideas. After receiving comments and feedback aimed at refining their proposals to benefit the school community, committee members quickly implemented the suggested changes. Two sessions of presentations were conducted, showcasing their commitment to improvement and excellence.



STUDENT COUNCIL: TRAINING CAMP 1

As the camp neared its conclusion, the Student Council upheld a cherished tradition: every time a member delivered a salutation, they were rewarded with sugar bread. We also introduced our latest addition, the Student Council benediction, marking a meaningful close to the event. With happy smiles and stronger bonds formed, we are incredibly thankful for all the members who successfully persevered and worked together as a team. Through all the challenges and exhaustion, everyone had the opportunity to not only grow as a member and student of NationalHigh Jakarta School but also as a potential leader. We look forward to witnessing not just the growth and success of their events but also the flourishing of their character, reflecting our P.I.A.G.E.T values.

"Education is not the learning of facts, but the training of the mind to think." — Albert Einstein



Shared by

Kyle Nicholas Hendrasono, Y11P



WHY STUDY ECONOMICS?

Economics is the study of how countries allocate their limited resources to satisfy the infinite needs and wants of their citizens. By understanding the principles that govern resource allocation, students gain a *deeper appreciation of the complexities of decision-making processes, both at the individual and societal levels.*

Benefits of Studying Economics

1. Analytical and Critical Thinking Skills: Economics teaches students how to analyze data, identify trends, and evaluate the consequences of different actions. This analytical approach helps in understanding complex problems, making informed decisions, and developing solutions that can be applied in various contexts.

2. Understanding Market Dynamics: Economics provides insight into how markets work, including the forces of supply and demand, price mechanisms, and market structures. This knowledge is crucial for anyone interested in business, finance, or entrepreneurship.

3. Awareness of Global Issues: Learning in economics extends beyond national borders, helping students to understand global trade, international finance, and the impact of economic policies on different countries. This global perspective is essential in today's interconnected world.

4. Real-Life Application: The course is focused not just on theoretical analysis; it has practical applications in everyday life. From understanding inflation and interest rates to making personal financial decisions like investing or saving, economics equips students with tools to navigate the financial aspects of life effectively.

5. Foundation for Higher Education: For those interested in pursuing higher education, economics provides a strong foundation for advanced studies in fields such as business administration, finance, public policy, political science, law and international relations.

Career Opportunities for Economics Graduates

1. *Economic Analyst*: Economic analysts study economic data and trends to provide insights that inform business strategies, government policies, and investment decisions.

2. Financial Analyst: Financial analysts assess the performance of stocks, bonds, and other investment instruments, helping companies and individuals make informed investment choices.

3. *Policy Advisor*. Policy advisors work with governments or international organizations to develop policies that address economic issues such as unemployment, inflation, and poverty. Careers in The United Nations and its many agencies, ASEAN and multinational financial institutions like IMF-WB and ADB.

4. *Consultant*: Consultants provide expert advice to businesses and organizations on economic issues, including market analysis, pricing strategies, and risk management.



WHY STUDY ECONOMICS?

5. *Researcher/Academic*: Those interested in academia can pursue careers as researchers or professors, contributing to the development of economic theories and educating future generations.

6. *Entrepreneur*: Economics graduates with a strong understanding of market dynamics and consumer behavior are well-equipped to start and manage their own businesses.

7. *Banking and Finance*: In roles such as loan officers, investment bankers, or risk managers, economics graduates apply their knowledge of financial markets to help institutions manage assets and liabilities.

8. *International Trade Specialist*: These professionals help businesses navigate the complexities of international trade, including tariffs, trade agreements, and market entry strategies.

The versatility of Economics as a field of study opens up a wide range of career opportunities, making it a valuable course for those interested in both academic advancement and practical, real-world application. Whether pursuing higher education or entering the workforce, economics provides students with the tools they need to succeed in a variety of careers.

Some of our own **alumni** who are taking Economics or have completed their Economics program from reputable institutions of higher learning include the following:



Samantha Gabriela 2019 Economics, SMU



Wesley Laurence 2020 Quantitative Economics, UC Irvine



Andhika Tirtawisata 2020 Economics & Data Science, UC Berkeley



WHY STUDY ECONOMICS?



Richelle Hanusi 2020 Economics, UCLA



Vanessa Michaela Jaya 2022 Economics & Management, Oxford University



Daniela Sugih 2021 Economics & Data Science, UC Berkeley



Nicholas Jason Asali 2022 Economics & Data Science, Northwestern U



James Komala 2021 Business Economics, UC San Diego



Melgwyn Gunawan 2023 Economics & Data Science, UC Berkeley

Shared by

Ms Emelly Francisco Sol Subject Facilitator of Economics & Business Subject



ACKNOWLEDGEMENT

Model Entrepreneurship Competition (MEC) by Columbia Business School with the IEG Global Association







Winners of the Colouring Competition for Indonesia Independence Day



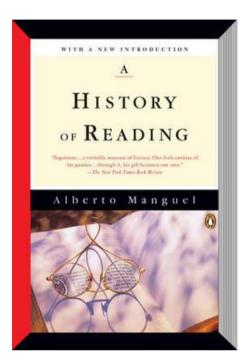








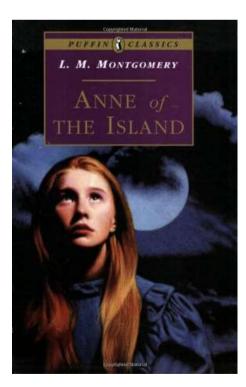
HIGHLIGHTS



Books Recommendation

Title: A History of Reading Author: Alberto Manguel ISBN: 9780140166545 Genre: Non-Fiction

As the title already encapsulates the whole content of the book, Alberto Manguel takes readers to look back on the history of reading. He writes down fascinating facts about reading throughout the centuries and dissects them into informative analysis. Some illustrations are featured to back up his writing. Manguel claims this book is for those who have a great love of reading.

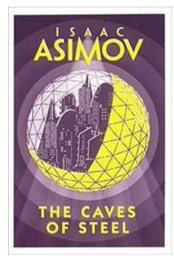


Title: Anne of the Island Author: L. M. Montgomery ISBN: 9780140367775 Genre: Fiction

A classic literature that forever lives among us. The third installment of "Anne of the Green Gables" series by L. M. Montgomery brings us to follow Anne Shirley as she moves to college, leaving her childhood in Avonlea behind. Anne grows to be a beautiful young lady who charms a rich, handsome man, Roy Gardner. Anne wonders, is she ready for love?



HIGHLIGHTS



Library's New Arrival

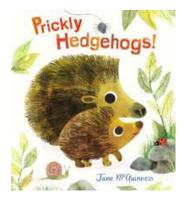
Title : The Caves of Steel Author : Isaac Asimov ISBN : 9780008277765 Genre : Sci-Fiction

The first book of the Robot series by Isaac Asimov that follows detective Elijah Baley's journey to the Outer World to find the killer of the Spacer ambassador. He was assigned with a robot partner, R. Daneel Olivaw whose features are almost indistinguishable from a human!



Title : Black Canary: Ignite Author : Meg Cabot ISBN : 9781401286200 Genre : Fiction (Graphic Novel)

Dinah Lance has her whole life planned. First, she needs to find a name for her band and win the band competition. Then, she needs to be in Gotham City Junior Academy to fight crames. But, a mysterious figure shows up and threatens all of her plans. What is she going to do about it?



Title : Prickly Hedgehogs! Author : Jane McGuinness ISBN : 9781401286200 Genre : Non Fiction (Picture Book)

This picture book is about small prickly creatures who venture into the world. With colorful and beautiful illustrations, McGuinness tells facts about hedgehogs to young children.



Mark your calendars for NationalHigh Jakarta School's Annual Education and Career Day!

Join us on Thursday, October 17th, from 7:15 A.M. to 2:00 P.M. for an inspiring and informative day packed with opportunities to shape your future!

Event Highlights:

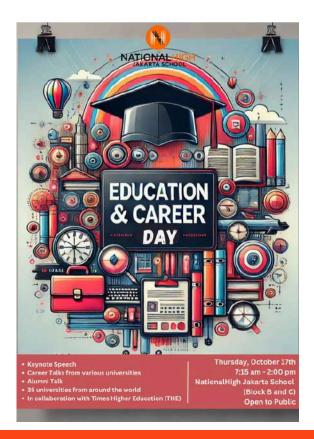
- Keynote Speech
- Career Talks from various universities
- Alumni Talk
- Meet representatives from 35 universities around the world
- In collaboration with Times Higher Education (THE)

Whether you are dreaming of studying abroad or just starting to explore your options, this is your chance to get insider tips and valuable information to help you reach your goals.

- Date: Thursday, October 17th
- Time: 7:15 A.M. 2:00 P.M.
- Location: NationalHigh Jakarta School (Block B and C)
- Open to the Public

Don't miss out on this incredible opportunity to connect with universities and get a head start on your future!

#NationalHighJakarta #EducationAndCareerDay #UniversityPrep #DreamBig #TimesHigherEducation #OpenToPublic







Our Early Learning Centre is Open for Enrolment!

Registration for K1 in Academic Year 2024/2025 and, K1 and K2 in Academic Year 2025/2026 at our Early Learning Centre is now open.

Enrol now!

For additional details and inquiries, please reach out to our marketing team at 0811-1830-603. Do not miss this wonderful opportunity to jumpstart your child's educational journey with us!



UPCOMING EVENTS

Year 9 Milestone Programme Part 2 (Habits of Mind @ Inagro) 1 September – 7 September 2024

Prefectorial Board: Investiture Ceremony 2 September 2024

Year 8: Annual Sharing on Subject Combination and Educational Pathway Beyond Year 8 (for Students) 4 September 2024

Coffee and Tea with Year 8 Parents 5 September 2024

Year 6 Milestone Programme (Power of Mindset) 6 – 7 September 2024

SMP (Year 8) ANBK 9 - 10 September 2024

Mid-Autumn Festival Celebration (After School) 11 September 2024

Year 10: Annual Sharing on Subject Combination and Educational Pathway Beyond Year 10 (for Students) 11 September 2024

Coffee and Tea with Year 10 Parents 12 September 2024

Sports and Games Day 13 September 2024