



# BI-WEEKLY BULLETIN

**21 FEBRUARY - 6 MARCH 2025** 

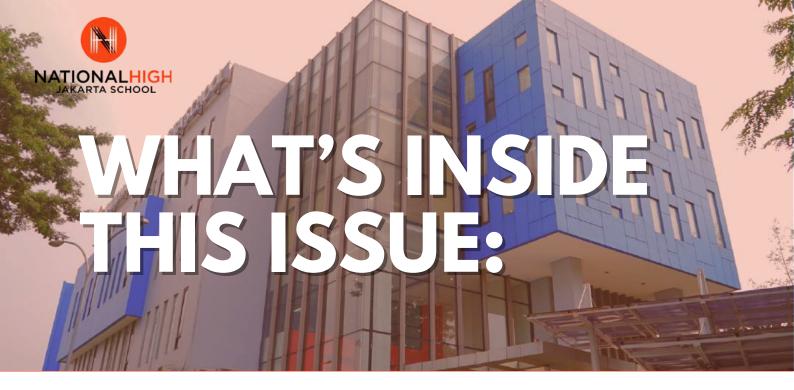
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## CELEBRATING THE COMMUNITY

Passion
Integrity
Adaptability
Grace
Excellence
Teamwork

2024 - 2025





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## DEAN'S ARTICLE

## Fostering a Culture of Care

Creating a thriving school environment goes beyond academics; it's about fostering a space where students and teachers feel safe, valued, and supported. Connections within the school community are crucial in shaping emotional resilience, academic success, and overall well-being.

## The Importance of Belonging and Connection

A sense of belonging is vital for student success. Research shows that students with strong connections to their teachers and peers are more engaged in their studies, demonstrate higher self-esteem, and develop better coping skills. These connections act as protective factors against stress, anxiety, and other mental health challenges. Building such an environment requires intentional efforts, including fostering positive student-teacher relationships, encouraging peer support, and ensuring every student feels seen and heard. Schools play an essential role in providing these opportunities through mentorship programs, inclusive classroom practices, and activities promoting collaboration.

### Mental Health and Emotional Resilience

Academic pressures and social dynamics can overwhelm students. Emotional resilience—the ability to adapt and thrive in the face of challenges—is essential. Schools prioritising emotional learning equip students with the tools to manage stress and navigate challenges. Programs incorporating mindfulness, stress management, and open discussions about mental health help normalise conversations around well-being. When students develop self-awareness and emotional regulation, they are better prepared to handle setbacks.

Teachers also benefit from an environment that values emotional well-being. Supported teachers are more engaged and effective in their roles. Encouraging teacher collaboration, offering wellness resources, and recognising teachers' dedication contribute to a healthier teaching environment.

## The Role of a Supportive School Culture

A school's culture is shaped by its people—their values, interactions, and commitment to growth. When well-being is prioritised, students and teachers are more likely to engage, contribute, and thrive. Creating this culture requires consistent, meaningful actions, including open communication, accessibility to mental health resources, and an emphasis on empathy and understanding.

The impact of a supportive school community extends beyond the classroom, instilling confidence, encouraging lifelong learning, and fostering a sense of purpose. By reinforcing connection, resilience, and holistic well-being, schools help students and educators navigate challenges with confidence, ensuring they leave with not only knowledge but also the strength and skills to thrive in all aspects of life.

At NationalHigh, we believe education goes beyond textbooks; it's about shaping confident, resilient individuals. Through a culture of inclusivity, meaningful connections, and proactive well being initiatives, we ensure every student and teacher feels valued and supported.



## DEAN'S ARTICLE

Our commitment to *Passion, Integrity, Grace, Excellence*, and *Teamwork* ensures that both students and teachers are equipped with the skills and confidence to navigate the challenges of tomorrow. By fostering a collaborative atmosphere, we prepare our community to thrive in an ever-evolving world.

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Shared by

## Ms Hannia Derogongan Marohombsar

Dean for Curriculum- Secondary and JC Division



## YEAR 3 MILESTONE PROGRAMME – "ON MY OWN (OMO)"

The Year 3 Milestone Programme – On My Own (OMO) took place on 7–8 February 2025 and was designed to help students develop independence, teamwork, and essential life skills. Over two days, students took part in a variety of hands-on activities, problem-solving tasks, and group challenges to build their confidence and self-reliance.

## Day 1: Skill-Building

Students arrived and dropped off their belongings in the temporary luggage storage rooms. They were then divided into groups before participating in a fun morning dance. Next, each group worked together to create their group flags, cheers, and dance routines.

Later, students took part in a Life Skills Workshop, where they practised filing, labelling, tying shoelaces, buttoning shirts, and folding clothes. In the afternoon, they participated in a Teamwork and Independence Quest, solving tangrams and building a Rube-Goldberg machine.

The day continued with a 'Cooking Without Fire' activity, where students made fruit kebabs, followed by a tote bag art session to express their creativity. The evening concluded with dinner, a movie night, and a reflection session.

## Day 2: Challenges and Reflection

On Day 2, students started with an early morning routine of exercise and breakfast, followed by team-building games such as the Puzzle Race, Obstacle Relay, and Red Light, Green Light. After a final debriefing and reflection, the programme ended with a closing ceremony, community dancing and group photoshoot.

The Milestone Programme provided students with valuable life skills, strengthened friendships, and boosted their confidence. By stepping out of their comfort zones, they learned independence and teamwork—important skills for their future growth.

What Students Said About "On My Own (OMO)"?

What was your favourite activity in "On My Own (OMO)"? Why?

- The Life Skills Workshop because it had a lot of activities. Logan, Y31
- 눚 Independence Through Art (decorating a tote bag) because I love art and craft. Elodee, Y3I
- 눚 The team games we played. The Red Light, Green Light game was intense and fun. Ryley George, Y31
- 🜟 Making the fruit kebabs because I learnt how to make something yummy. Nareshia, Y3P
- 🜟 Making our own Rube-Goldberg machine because I love science and engineering. Tobias, Y3P

What was the most challenging part of "On My Own (OMO)"? Why?

- \*Building our own Rube-Goldberg machine because we had to think of many ways to make the ball roll.
- Aurora, Y3P
- ★The Life Skills Workshop was the most difficult for me because there were many stations. Olivia, Y3P



## YEAR 3 MILESTONE PROGRAMME – ON MY OWN

Describe your "On My Own (OMO)" experience in three sentences.

- ★ It was hard and not easy. It felt uncomfortable, but I didn't give up. In the end, I felt good. Nathaniel, Y3I
- 눚 It was really fun. I learnt to do things by myself. I enjoyed On My Own (OMO) a lot. Jemma, Y3P
- ★ We took a shower and watched Moana 1. Sleeping was the best part! We also did science and maths activities. Kylie, Y3P
- 🌟 I liked it. I enjoyed my experience at On My Own (OMO). I liked all the activities. Joshua, Y3I
- † It was my first time sleeping at school. When I woke up, I couldn't roll up my sleeping bag. I was happy because it was fun, and I want to sleep at school again someday. Zedner, Y3I

















Shared by

### Ms Justine Lutero

PIC of Year 3 Milestone Programme



## YEAR 4 MILESTONE PROGRAMME - POWER OF EFFORT

## The Power of Effort: A Transformative Y4 Milestone Programme

The highly anticipated **Year 4 Milestone Programme**, themed *Power of Effort*, took place successfully on **7 - 8 February 2025** at Inagro. As one of the key milestone programmes in the **PIAGET 12-Year Education Journey**, *Power of Effort (POE)* is designed to equip **Year 4 students** with essential life skills by fostering resilience, perseverance, and personal growth. This programme is tailored to help our young learners at NHJS embrace challenges with a strong mindset, instilling in them the belief that effort is the key to overcoming obstacles.

Throughout the two-day adventure, students engaged in a series of **interactive and hands-on activities**, each carefully curated to reinforce the importance of hard work and dedication.

## A Journey of Learning and Discovery

The Batik Traditional Fabric Making session was an enchanting dive into Indonesia's rich cultural heritage. Students explored the intricate art of **batik**, a craft that demands patience, precision, and creativity. Working with wax, paint, and dyes, they developed an appreciation for the dedication required to master this timeless skill.

In the Waste Management Class, students became eco-warriors as they learned about **environmental sustainability**. Through hands-on activities, they discovered the significance of proper **waste segregation**, the benefits of **recycling inorganic materials**, and the impact of **composting organic waste**. A highlight of this session was the **flower pot-making activity**, where students transformed plastic bottles into beautifully designed planters—enhancing their creativity while promoting sustainable practices.

As the evening unfolded, the most **heartwarming** moment arrived—the **bonfire gathering**. The flickering flames set the stage for an unforgettable night filled with laughter, camaraderie, and the joy of sharing meals together. A particularly touching experience was when students **video-called their parents**, allowing them to share in the warmth and excitement of the evening, strengthening family connections even from a distance.

### **A Lasting Impact**

The *Power of Effort* programme was more than just a series of activities—it was a **transformative experience** that reinforced the belief that **hard work leads to success**. Every challenge tackled, every skill learned, and every effort made brought students closer to understanding that persistence always yields rewards.

As they move forward in their academic journey, we hope our **Year 4 students** will carry these **valuable life lessons** with them, embracing every challenge with courage, determination, and, most importantly, **the power of effort**.



## YEAR 4 MILESTONE PROGRAMME - POWER OF EFFORT

















Shared by

Mr Marsiglio Carino

PIC of Year 4 Milestone Programme



## YEAR 6: A DAY IN A YEAR 7 CLASS

## A Day in Year 7 Class - An Exciting Glimpse into Secondary Learning!

Stepping into Year 7 marks an exhilarating transition, filled with new subjects, practical experiences, and engaging lessons. "A Day in Year 7 Class" aims to provide Year 6 students with a sneak peek into their forthcoming learning journey by immersing them in Science, History, and Geography.

During this programme, students can experiment with scientific concepts, uncover captivating historical mysteries, and explore the marvels of our world through geography. Through interactive and inquiry-based activities, they cultivate curiosity, confidence, and enthusiasm about what lies ahead in Year 7. This enriching experience aids students in obtaining a deeper understanding of secondary-level subjects, ensuring their transition is smoother and more thrilling. With practical activities and collaborative learning, "A Day in Year 7 Class" sets the stage for an engaging academic adventure!

## **Student Reflection:**

Over the past three Mondays, I have participated in three different activities for Year 7: Science, Geography, and History. In science, I learned about the centre of gravity. I used various objects to try to find it. In geography, I learned about other places and capital cities. In History, I learnt about the past and the Tollund Man Mystery. After learning all these things, I will be more ready for the following year.

- Roselin, Y6T

When I had an activity called a Day in Year 7 over the past three Mondays, there were many activities from each subject: Science, Geography, and History. For Science, we had an activity based on the centre of gravity in various objects, such as coins, cans, and forks! For Geography, we had a brief overview of what we would learn in Year 7. Lastly, for History, we engaged in an activity that made us history detectives. It was very fun, as we had to find clues to solve questions. I had so much fun doing these activities and found them to be very effective, as they showed me what I would learn in Year 7 and how to prepare for it.

- Lexy, Y6T

Throughout three lessons, we had the opportunity to experience Year 7 subjects. We were given previews of Y7 Chemistry, History, and Geography lessons. In Geography, I learned about the different continents of the world and the positions of various countries across the globe. It was an interesting lesson that expanded my knowledge of the Earth we live on. History was one of my favourite lessons. History is about understanding the past and applying its lessons to the future. This class taught me about the Tollund Man, a remarkably well-preserved ancient corpse found in a peat bog. In Chemistry, I explored the concept of the centre of gravity. We were challenged to balance a can on its side, which initially seemed impossible. However, I discovered that adding weight—in this case, water—helped stabilise the can by balancing the gravitational force. Overall, I enjoyed these experiences and look forward to studying these subjects further in the future.

- Xie Ruixin, Y6E



## YEAR 6: A DAY IN A YEAR 7 CLASS

Year 7 (Y7) introduces a variety of new subjects to your school schedule, each filled with engaging activities. One such subject is Chemistry, where hands-on experiments make learning exciting. History also becomes more intriguing, covering topics from the Black Death to the mystery of the Tollund Man, which captured my attention. And let's not forget Geography, where the "conversation" is between you, the teacher, and the fascinating knowledge of our world. I enjoyed Geography the most. Studying our Earth and discovering the many unique places and structures that shape it is fascinating. Overall, I firmly believe that Year 7 will be an exciting academic journey filled with new knowledge and adventures.

- Abramando Susiarjo, Y6E

My experience in the Year 7 classes was great. I had a lot of fun learning history and solving the questions in the worksheets. Next, we dived into Science. My partner and I worked together by making two fork clips and then balancing a toothpick on a Coca-Cola bottle. We also made two golf balls balance on each other and managed to make a can stand on its edge using water! Finally, we learned about Geography. We studied maps, cities, continents, and countries. We also explored the four spheres of Earth: the atmosphere (air), hydrosphere (water), lithosphere (land), and biosphere (living things). We learned that the Earth moves sideways in one year, so Australia experiences summer in December and winter in July! Overall, my experience in the Year 7 classes was enjoyable and interesting.

- Denzel Nathaniel Jaya, Y6G

It is such an honour to have the chance to attend the Year 7 classes. The experience has been enjoyable, and I've learned many new skills. The classes we attended were ones we had never experienced, such as Physics. For example, we learned how to find the centre of mass by balancing a fork with a chopstick. I thought it was a great class! Overall, I loved the Year 7 classes; they were fun, engaging, and full of new insights.

- Chelsea Arlena Sudharta, Y6G

Shared by

Ms Aileen Acabado

Dean for Primary Division



## SEMBAWANG SECONDARY SCHOOL FROM SINGAPORE IMMERSION

## A Memorable Visit from Sembawang Secondary School

Being a Year 10 student and volunteering as a student mentor for Sembawang Secondary School's visit on 12–13 February was an incredible experience! Though I was a bit nervous at first, I was also excited to guide them around. With our school being so large, I wanted to make sure they were familiar with all the key facilities, as they would be staying for a few days. I wanted them to feel welcome and comfortable in our environment, just as I would hope to feel if I were visiting their school.

The students from Sembawang were really friendly and engaged, which made the experience even more enjoyable. After a brief introduction to NationalHigh Jakarta School—covering its history, student population, and key highlights—we began our tour. As we walked through the main buildings, they were particularly impressed by our modern music room and the wide range of facilities we have. Throughout the tour, we exchanged fun facts about our schools, and they were especially curious about our inter-school tournaments and extracurricular activities. It was great to see their enthusiasm, and their questions showed how eager they were to learn about our school culture.

The visit officially kicked off with a welcoming assembly, organised by the student council (SC) and volunteers with the guidance of Ms. Nela. A special performance by the DBL dancers from Y11 showcased a fusion of Indonesian traditional and modern dance, which was met with enthusiastic applause. The cultural exchange continued as Mr. Ang Hwee Khoon and Madam Jessie Koh exchanged plaques as a symbol of collaboration between our schools. NHJS SC representatives Trevor and Kyle (Y11) then shared insights into student council activities, giving the visitors a glimpse of our school's student-led initiatives. The SMBSS students also had their moment to share, offering an engaging presentation about their school's cultural diversity. The event ended on a beautiful note with a heartfelt duet by William & Jasmine (Y8), performing Tanah Airku, a song that deeply resonates with the Indonesian spirit and identity. The assembly carried a powerful message of cultural appreciation, and everyone thoroughly enjoyed the performances.

The cultural immersion continued with an engaging wayang painting workshop led by Mr. Umar. Through this session, the SMBSS students and staff were introduced to the history and artistry of wayang kulit, a traditional shadow puppet performance from Central Java. The workshop not only highlighted the cultural significance of wayang but also its deep connection to gamelan, the traditional Javanese orchestra that plays an essential role in the performance. Many of the students were fascinated by the craftsmanship and storytelling behind wayang kulit, making it a truly memorable experience for them.

On Day 2, they participated in CCA sports activities. They enjoyed playing basketball and volleyball with our NHJS CCA students. They were not shy; in fact, they were confident enough to challenge the NHJS teams and later collaborated with them as well. They seemed to really enjoy the sports, and even though it was quite hot, they were still eager to play. Some SMBSS students who did not take part in basketball or volleyball formed a circle, sharing stories and laughing together like long-lost friends.



## SEMBAWANG SECONDARY SCHOOL FROM SINGAPORE IMMERSION

By the end of the visit, I felt like I had made some new friends. The students from Sembawang thanked us, saying they had an amazing time, and for us, the student mentors, it was just as rewarding. This experience gave us a deeper appreciation for our own school and the effort that goes into fostering meaningful connections with others. It was a reminder of how enriching cultural exchanges can be, and I'm so glad I volunteered!

Shared by

## Amadeo Dave Ra Nakanantha, Year 10G















## SEMBAWANG SECONDARY SCHOOL FROM SINGAPORE IMMERSION







Photographers: Marketing Department & Y10 Volunteers (Quisha, Nathan K., Eben, Madeline)





## **Staff Appreciation Day**

On the 5th of February, the student council came together to celebrate Staff Appreciation Day, a special occasion aiming to recognize the hard work and dedication of our teachers and staff.

Our recent Staff Appreciation Day was a heartfelt celebration of the incredible contributions made by our staff members as the entire community came together to honor those who work to make our environment a better place for students.

The festivities started off with a grand welcome by Committee 1 coupled with confetti and music, followed by a speech from the committee head and deputy. Afterwards, the MC announced several student performances where teachers were invited to join in to sing along and dance with the performers.

The first one being From The Start by Laufey performed by a group of girls from Year 8, and the second one being Sway by Michael Buble performed by Jasmine and William from Year 8. After the vibrant performances, the teachers were surprised with a special staff appreciation video made by all the students from the school, which consisted of heartwarming messages they wanted to say to the staff.

The heartfelt moment was then followed by a lively karaoke session, where staff members had the chance to step into the spotlight, singing their favorite songs and performing or cheering on their colleagues.



Throughout the event, a variety of snacks, coffee, and tea were provided throughout the day, offering a place for staff to take a break, chat with each other, and recharge for the day ahead. Katsutoku meal boxes were also provided for them to eat during their lunch break before the event.



The highlight of the day was the presentation of the infraboards, beautifully decorated and filled with encouraging and thankful notes written by the student body. Each note was a heartfelt message, expressing gratitude for the dedication, hard work, and care the staff puts into their roles every day. These notes were a reminder of the impact our staff has on the lives of the students, who truly appreciate their efforts.



Staff Appreciation Day was an opportunity to pause and reflect on the importance of the amazing individuals who make our community so special. The day reminded everyone that kindness and gratitude are at the heart of what makes a team strong. We would also like to thank Katsutoku for sponsoring our event by providing teacher meal boxes, the event would not have been the same without your support.

"What the teacher is, is more important than what he teaches."
- Karl Menninger -

Shared by

## Ayana Tirtawisata & Marion Soedijono

Year 8 Students - Member of Student Council









## **Prefect Training**

On Saturday, 15 February 2025, the Student Council Governing Committee hosted a Prefect training session, which was attended by 45 Prefects from years 3 to 7.

The day kicked off with a short icebreaker session after the Prefects were divided into four groups; this allowed them to mingle with and get to know each other more before participating in more activities later in the day.

Then, a short presentation on 'how to be effective leaders' was delivered. This presentation focused on essential skills for leadership such as communication and problem-solving, and the Prefects even had the chance to share their insights during the interactive session.





After a quick break, the Prefects played two team games. The first was Minefield, where two people from each group were blindfolded and tasked to collect ping pong balls in the face of obstacles (with the help of their fellow group members). This game allowed them to test their communication abilities whilst adjusting to unexpected situations, such as false instructions from those who weren't in their group.

The second game was an egg drop challenge. The four groups were given 10 build protections for their eggs using the provided materials,

and this created an opportunity for individuals to speak out their ideas and reach common ground in their teams.

"I learnt how to trust my friends and groupmates and that as a group, we all need to work together and focus on the solution, rather than the problem." - Anonymous Prefect

We would like to sincerely thank the Prefects for setting aside their time to participate in the training, and we hope that all of us can grow into better leaders in the foreseeable future.



"Leadership is unlocking people's potential to become better."

- Bill Bradley

Shared by



## NHJS PE DEPARTMENT NEWS! BASKETBALL PRIMARY TEAM MATCH REPORT SYBL TOURNAMENT 2015 - SERIES 1

The **SYBL Tournament 2015 Series 1**, held from **February 1-15**, **2015**, took place with great enthusiasm and intense competition. The **NHJS** basketball team achieved remarkable success in this tournament, demonstrating both skill and sportsmanship throughout the competition.

## **NHJS Boys' Team Results**

The NHJS boys' team showcased an outstanding performance throughout the tournament. In the group stage, they played with great determination and managed to defeat **Sekolah Mentari and Al-Azhar**, securing their position as the **group leader**. Their teamwork and strategy were evident in these matches, as they dominated the court with excellent coordination and skillful plays.

Moving into the semi-finals, the NHJS boys' team faced a tough challenge against SVP. Despite putting up a strong fight, they were unable to secure a victory, losing the match. However, rather than feeling discouraged, the team remained focused and determined to finish strong. In the **third-place playoff**, they faced **Sekolah Mentari** once again and played an intense match, ultimately emerging victorious and securing **third place** in the tournament. This achievement reflects their perseverance and ability to bounce back from setbacks.



### **NHJS Girls' Team Results**

The NHJS girls' team displayed an exceptional level of skill and determination, leading them to emerge as the **champions** of the tournament. Right from the **group stage**, they demonstrated their dominance by defeating **Sekolah Mentari and Al-Azhar**, securing their position as **group winners**. Their ability to execute strategic plays and maintain strong defense played a crucial role in their victories.



Advancing to the **semi-finals**, the NHJS girls' team faced **SVP** in a highly competitive match. Through excellent teamwork and resilience, they managed to outplay their opponents and secured a spot in the **finals**. The championship match against **Tunas Muda** was an intense battle, but NHJS maintained their composure and executed their strategies effectively. In the end, their efforts paid off as they claimed the **championship title**, marking a remarkable achievement for the team.



## **Appreciation and Expectations**

The success of the NHJS basketball teams in **SYBL Tournament 2015 Series 1** is a testament to their hard work, discipline, and dedication to the sport. Both the boys' and girls' teams have demonstrated incredible perseverance and teamwork, making their school proud with their achievements.

A big congratulation to the **NHJS Primary basketball team** for their outstanding performance! Their success in this tournament should serve as inspiration for future competitions. As they continue to train and refine their skills, they will undoubtedly achieve even greater milestones in the future. The experience gained from this tournament will be invaluable in preparing them for upcoming challenges.

The entire NHJS community is proud of their efforts, and we encourage them to keep pushing their limits, supporting each other, and striving for excellence. We look forward to seeing their continued growth and success in future tournaments.

## Stay motivated, stay disciplined, and keep striving for excellence!

Shared by

## **Mr Riyan Priyanto**

PE Department Subject Specialist



### SOCCER MATCH REPORT

Match: NHJS vs Sampoerna Academy Jakarta

Date: Saturday, February 15, 2025

Venue: NHJS Stadium

Competition: Friendly Matches

## **U-12 Category**

The U-12 category match was highly intense and full of enthusiasm. Both teams displayed aggressive play and disciplined strategies. NHJS showed solid gameplay with quick attacks and tight defense, but Sampoerna Academy Jakarta managed to capitalize on several opportunities. The first half ended with a slight lead for NHJS, but in the second half, Sampoerna Academy turned the game around with effective counterattacks. Their winning goal was scored towards the end of the match, sealing a 6-5 victory for Sampoerna Academy Jakarta.



## **U-14 Category**

In the U-14 category match, NHJS dominated from the beginning. With strong teamwork and excellent communication on the field, they controlled the game and created many opportunities. Sampoerna Academy Jakarta attempted to fight back with a few counterattacks, but NHJS's defense was too strong to break. NHJS's first goal came in the 15th minute with a spectacular long-range shot. In the second half, NHJS increased the pressure and added two more goals, securing a 3-0 victory.





## **Match Analysis**

Overall, the match proceeded smoothly and was very entertaining. Both teams displayed a high level of fighting spirit and impressive technical skills. NHJS's U-12 team showed great potential despite their loss, while the NHJS U-14 team performed exceptionally well with a well-thought-out strategy and effective execution. Meanwhile, Sampoerna Academy Jakarta also showcased an outstanding performance in the U-12 category with great determination and effective goal-scoring strategies.

### **End of Match and On-Field Excitement**

After the match, both teams took a group photo as a symbol of sportsmanship and friendship. All players enjoyed the game and were happy with the experience they gained. Coaches also appreciated the hard work and dedication of the players. Many exciting moments occurred on the field, such as a remarkable save by NHJS U-12's goalkeeper and the excellent passing combinations from NHJS U-14 that led to spectacular goals.

## **Appreciation and Future Plans**

A big thank you to the coaches who worked hard to organize this match and provide outstanding guidance to the players. We also extend our appreciation to the parents who enthusiastically supported the players as the "12th player" on the sidelines, providing invaluable moral support.

Furthermore, we would like to express our gratitude to the Principal and staff for granting permission and full support for this event. The success of this match proves that collaboration and support from various parties are essential in the development of youth soccer.

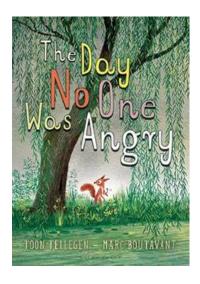
Keep up the spirit, kids! Friendly Matches will be a regular monthly agenda to assess our training progress, enhance individual and team skills, and strengthen inter-school friendships. We hope that in the next matches, all teams will continue to grow and showcase even better performances.

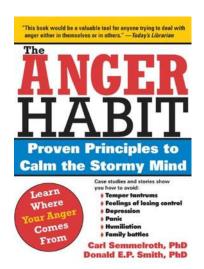
Shared by

## **Mr Riyan Priyanto**

PE Department Subject Specialist







## **Books Recommendation**

Title: The Day No One Was Angry

Author: Toon Tellegen ISBN: 9781927271575

Genre: Fiction

This book contains 12 heartwarming chapters, each showcasing different animals in various states of anger, from melancholy to irritation to rage to confusion. These stories are funny and wry, but also offer a gently profound reflection of the nature of human emotions. While anger may sometimes overwhelm them, at the end of the day, love and friendship hold the strongest value.

Title:The Anger Habit

Author: Carl Semmelroth Ph.D. and Donald Smith Ph.D.

ISBN: 9781402203343 Genre: Nonfiction

This anger-management book, written by Carl Semmelroth, helps readers understand and identify the anger habit in themselves and others. Semmelroth also provides case studies and real-life stories illustrating how to avoid feelings of losing control, depression, panic, and family conflicts. Through these examples, he guides readers step by step through the process of overcoming the anger habit.



## ACKNOWLEDGEMENT

## Kejuaraan Kota (KEJURKOT) Jakarta Barat 2025 Basketball KU12 Putri

## **SPK Youth Basketball League**







Kejuaraan Kota (KEJURKOT) Jakarta Barat 2025 Basketball KU12 Putri

**SPK Youth Basketball League** 

**SPK Youth Basketball League** 



## \_\_\_ ANNOUNCEMENT

## 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 more 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

## **Student Council: Fairgrounds**

22 February 2025

## **Indonesian Culture Day**

26 February 2025

## 9th Chun Sun Cup Final and Awards Ceremony

1 March 2025

## Student Council: Town Hall 2

3 March 2025

## **Chroma Week**

3 - 8 March 2025