Photo taken from Father’s Day Breakfast
As our Year 12 students completed their last lessons this week and prepare for their final examinations at the start of Term 4, I have been reflecting on their journey from when they commenced Year 12 studies in Term 4 of 2014. This week our Year 11 students have been completing their final Year 11 examinations and they soon will commence their Year 12 studies in October. As I have spoken to the students this week, some are reflective of their school life and other looking to the future but all of them are keenly focused on their examinations. I have told them not to worry but to be optimistic. We worry about so many things and I wonder how much time we actually spend in the "worry mode" … one hour per day or two hours per day or maybe ten minutes every hour?

I read a book a few years ago and it gave me a useful perspective and a practical strategy to deal with worry. The author proposed that we should all give ourselves permission to set aside a small amount of time to worry each day and then to commit to the remainder of the day being worry free. In addition, the author suggests that we rate each worry on a scale of 1 to 10.

In my experience, by the time I get to my allocated “worry time” for the day the 8 out of 10 worry has already subsided to a 4 out of 10 worry and I am much better placed to deal with it efficiently. I have learned that constant worry is an unhealthy and destructive mental habit that can be managed with practice. You may find the following tips to be helpful:

1. **Use positive words and language** - Eliminate words like "can't," "won't" and "shouldn't" from your vocabulary.

2. **Take one day at a time** - A positive person focuses on the big picture and accepts that the future will improve.

3. **Accept that everyone makes mistakes** - Learn from your mistakes without wallowing in negativity.

And finally, remember that worry does not empty tomorrow of its sorrow; it empties today of its strength.

**Farewells**

At this time of each term we farewell some students as they return to their home countries and we look forward to greeting an equal number of new students next term. I thank all of those students and their families for the richness and diversity that you have brought to our school and wish you well in the future. To everyone who is travelling over the break I wish you a safe journey and to our whole school community I wish you a restful and worry-free vacation and I look forward to welcoming you back to school on Tuesday 6 October.
This term, students from Years 3-5 participated in the annual New South Wales Board of Studies, Teaching and Educational Standards writing competition. The competition is open to students from across New South Wales and attracts entries from the state’s best writers. This year the students were provided with an old picture of a blimp as stimulus for their creative piece. We recently received the exciting news that Megan Yap from Year 5 was awarded a Gold Award for her amazing piece of writing. This is an extraordinary achievement and we are all so very proud of Megan. Please enjoy this outstanding piece of writing from a very talented young writer.

Storm

The wind ruffles my hair as birds wheel around in the sky. Wisps of cloud drift past as the sun shines on my face. Father waves at me from the hot air balloon and bursts into song. As I sing along quietly, Mother turns around and frowns at me. I smile at her sheepishly, wheeling my wheelchair back into the cool shade.

Maria, a close friend of my family, turns around to smile at me and I grin back. Our fathers are very close and my father had invited Maria’s father to join him in the hot air balloon. Ever since I lost the use of my legs, they have been supportive and helped my family when things got hard. Maria is like a sister to me.

“Isn’t it amazing, Jacqui?” she asks as foamy waves lap onto the shore, dislodging speckled pebbles that were buried in the sand. The waves glimmer red and gold as they retreat, pulling the pebbles along.

Time seems to pass quickly as Father shows off the balloon. As the wind starts to pick up, my damp ponytail clings to my neck. Maria glances nervously at the storm clouds in the distance.

“It’s starting to rain!” I hold out my palm and glittering raindrops land on it. Maria’s father peers over the side of the basket and alerts Father. Thunder rumbles in the distance. The balloon starts to descend, but not fast enough.

An enormous wave suddenly crashes down next to the balloon, spinning it off course. It dips slightly and another wave crashes over it, this time forcing the balloon into the water. “Father!” I cry as he tumbles over the side.

As his head bobs to the top, Father splutters and starts to swim towards the balloon. It sinks with the extra weight, the dropping fabric trapping him. Maria’s father treading water nearby, tries to pull it off, but is also forced under.

Maria muffles a worried sob. Mother calls out fearfully and my two brothers dive into the water with a splash. Maria and Mother race off, calling for help.

I wait, feeling more helpless than ever. I’m the only one left on the beach. You have no idea how devastating it feels to sit there and watch your father drowning while there’s nothing you can do. Father sinks, thrashing about. I watch the spot desperately, waiting for him to resurface, but all I see are ripples.

There is an empty feeling inside me, like someone has carved out a place near my heart. Is Father alright? What if he’s really……gone? I can’t bear considering that possibility. I feel so useless, like a dead weight. I sob quietly while Maria and Mother arrive back on the beach with help.

No one notices me, the quiet girl in the corner. The rain has slowed to a drizzle and the sun is peeking out from behind the clouds. It shines on their pale, drawn faces and I fear for the worst.

Megan Yap, 5G
As we come to the end of Term 3, I would like to wish all families a relaxing vacation time. As this has been a short term of only nine weeks and next term will be 11 weeks in duration, we will be beginning Term 4 on Week B.

Ainsley Young has been working with us throughout the year in the English Faculty and will be completing her time with us at the end of term. We would like to take this opportunity to thank Ms Young for her contribution to our school and to the education of our students. She has graciously made herself available to provide assistance in the first weeks back via email for our HSC students.

Reports

The Term 3 progress reports for Years 6 to 10 students were released to the parent portal this week. It is an important time to review progress with your child as they move into the final term of the year. If you have any concerns with the reports, please contact the Middle and Senior School Reception over the break.

The Year 12 reports will be released on Friday 16 October.

Year 12

HSC Markers have been at the school over the past week and a half to assess the student work in the area of the Arts and Design and Technology. Student work and performances have been at a very high standard this year and we wish them all the very best with their final results.

Today the students celebrated their final formal day of school with a carnival provided for them during the morning. The students have enjoyed the day and now will settle and focus in preparation for the HSC Exams which will begin early next term.

The students along with Mr Unsworth have been working hard to put together a wonderful evening for the Year 12 Formal. Invitations were sent to all Year 12 parents last week. If you have not received one please contact the Middle and Senior Reception so that this can be arranged.

Matilda Project

The Matilda Group have had an exciting adventure to Sabah this week to assist the children of the hostel at Arama Desa. The children attend school in Pukak which takes them two and a half hours of walking over hilly terrain daily. Our students worked with the children throughout the week engaging them in a range of activities. This is a wonderful project and we thank the students for their generosity and Ms Highham and Mr Wells for taking the students across for this unforgettable experience. We look forward to sharing photographs with you next term.

ISA (International Schools Assessment) Testing

A reminder that students in Years 6-10 will be sitting their ISA tests on Wednesday 7 October through to Friday 9 October. There will be a make-up day on Monday 12 October for any student who is absent. The ISA tests are the standardised assessments that we use from year to year to measure the value added learning to student literacy and numeracy. Later this year, parents will receive a report outlining the results of the assessments.
Spanish Cooking
Rochelle D’Silva, English, Science, HSIE, Spanish & Leader Year 6

Last Thursday, year 9 and 10 Spanish class prepared and sampled some tapas (typical Spanish snacks/appetisers). On the menu was:

- Gambas al ajillo (prawns cooked in olive oil and garlic)
- Patatas bravas (pan fried potatoes served with some spicy tomato sauce)
- Albóndigas en salsa de tomate (meatballs in a tomato sauce)
- Pan y queso ibérico (bread and cheese)
- Setas al ajillo (garlic mushrooms)
- Aceitunas (olives)

On the day, we didn't just learn how to cook but we also learned about the ingredients most often used in Spanish cooking. The most essential ingredient when you cook Spanish food is olive oil and olives are always served on the side. It was educational but also a fun and delicious reward after all the time-consuming assignments and tests that we’ve had this term. Lucky for the school, our cooking skills were really awesome and we didn’t burn it down!

Sara and Alex, 9G

7M English Visit to the ELC
James Unsworth (7M English Teacher)

During Term 3, Year 7 have been learning about the appropriation of texts. As a culmination of this work, 7M were each tasked with developing a digital comic strip, telling the story of an appropriated fairytale. On Monday 14 September, 7M visited ELC and spent time with our Prep class to tell them their stories. This was a rewarding experience for both the Year 7 and ELC Students. Thank you to Ms Jee Lian for having us to visit.
The month of August saw a number of students from across the whole school, practicing and preparing for the 2015 Young Scientist Paper Planes Challenge. With approximately 130 NSW school completing and over 50 000 students across each of the events, AISM qualified to compete as a regional school. The competition received great support in the Junior School, lead by Mr Kelvyn Fuller and driven by the very enthusiastic teachers, particularly in Year 4. The Middle Senior School students spent many lunch breaks folder and refolding their aircraft, and perfecting their throwing techniques, supported by their avid paper plane yielding teachers fo the MSS.

I am very proud to announce that AISM had nine students attain a position on the State Regional Competition Leaderboard. An honourable mention to the following students for their efforts and achievement in the State Finals:

**K-6 Distance Event - State Regional Finals**

- Masahiro Kuno (6th)
- Gian Sutter (11th)
- Martin Han Ming Tai (16th)
- Cooper Grant-Cook (equal 26th)
- Rance Zheng Ye Wong (30th)
- Joo Shen Oh (equal 39th)
- Daniel Kamel (equal 39th)

**K-12 Airtime Event - State Regional Finals**

- Shaheer Macci (11th)
- Louis Manders-Jones (13th)

I look forward to seeing AISM dominating the leaderboard again next year in the 2016 Challenge!

**Walkathon pizza day in MSS**

Congratulations to 8G for raising the most money in the Middle/Senior School for the Matilda Project Walkathon. Collectively the class raised RM2830, with special thanks to Myra and Marius for a particularly outstanding contribution. 8G thoroughly enjoyed their pizza and free dress day. Thanks and congratulations for your commitment to the Matilda Project.
Careers and Pathways IPad Competition

Earlier this term, students in Middle and Senior School took part in a Careers and Pathways Competition. The competition was sponsored by AUG Student Services and all students needed to do to stand the chance of winning an IPad Air was to write a response to the following:

*What is your dream job? What makes you perfect for this job? What do you need to do to make this dream come true?*

We has some fantastic responses from right across Middle and Senior School and I am delighted to congratulate Gwen Clayton in 8G for her winning entry.

Careers and Pathways Competition

*Astronaut By Gwen Clayton, 8G*

For me my dream job has always been an astronaut. Yes, I admit, I was that kid who spent hours arranging glow-in-the-dark star stickers on my ceiling! Growing up on a farm in New Zealand, with crisp clean winter nights, it’s hard not to look up at the cloudless night sky glistening with millions of stars and to lose yourself a little. It’s only after I moved to Kuala Lumpur, when I looked up at the purple-brown night sky that never fades to black that I realised how deep my desire is for this dream to come true.

The Greek word astronaut means space sailor. Nothing in the word seems more intoxicatingly romantic to me that being thrust into outer space. Drifting through never ending nothingness, something that has always been there forever, something that has been there since before we were here, before anything was here. Something that is so familiar yet so so distant. Something so known yet so mysterious. Over time our understanding of the universe beyond our world has only become stronger and stronger but we still know next to nothing. So many burning questions left open, unanswered.

I understand that, in order to be an astronaut, I must put in a lot of hard work and make a lot of hard decisions and sacrifices. It means a lot of education and lot of studying and if the time comes and I’m lucky enough to get the opportunity to travel into space it means a lot of goodbyes, danger and uncertainty.

I believe I am perfect for this career because I am very persistent and determined when I want to be. When I have my mind set on a goal I will fight and push and learn as much as I can and put in as much effort as I can to achieve the best result. When I see my success in my mind’s eye I will strive for the absolute best I can possibly be and settle for nothing less. I am a high achiever in maths, science and biology which are all important subjects to become an astronaut. I can cope very well under pressure and in difficult, distressing situations and make calm rational decisions, considering all possible outcomes in a short amount of time. I am confident and brave about things I believe are important and I am not afraid to voice my opinions and ensure that I am heard.

To make this dream come true I must study hard, focus on the requirements to become an astronaut and do everything in my power to push myself to learn everything I possibly can. Because I don’t come from a wealthy family and don’t live near any space administrations I will need to put even more effort and show even more commitment. I need to preserve the thoughts I am expressing in this response and never let them go, never lose sight of how important this is to me.

This dream often seems so futuristically untouchable, so beyond me, but if Buzz Aldrin can do it, why can’t I?
Message from Junior School

Graeme Naftel, Head of Junior School

Visible Learning

The Term 3 Progress Reports have now been published on the Engage parent portal. This term’s report comments refer to the children’s journey towards becoming a Visible Learner. Throughout the year, students have been investigating the following characteristics of a Visible Learner and have been attempting to display these characteristics in their learning.

- I think about my learning and how I can improve.
- I look for feedback about my learning so I know what to practise.
- I ask questions about my learning and join in learning discussions.
- I listen to others’ ideas about learning.

If for any reason you are unable to access your child’s report, please contact adminassistant@aism.edu.my. If you have any concerns about the contents of your child’s report, please contact your child’s class teacher and arrange an opportunity to meet.

Book Week

The annual book week hats been fantastic again this year. It was most unfortunate that the haze meant that some of the classes scheduled to see our visiting author, Nadia Sunde, missed their session on Tuesday. Our Assistant Teachers were the beneficiaries of some of Nadia’s free time, as she ran an outstanding workshop for these important support staff, focussing on storytelling and writing.

The Book Character parade at last week’s assembly was again a highlight, with some fantastic costumes and an extraordinarily high participation rate. Thank you to all the parents who obviously put a great deal of time into preparing costumes, and to Ms Kerry and Ms Wendy for being most entertaining MCs.

The children and teachers out did themselves in the annual door decorating competition. Congratulations to all the classes.

For more photos click here: Book Week

Years 3-5 Music Concert

Congratulations to all the students who participated in last week’s concert. There were some trully outstanding performances and as a proud Australian, I found some of the ‘Australiania’ performances particularly moving. Thank you to all the parents who attended and showed their support of our young musicians and to Mr Herron for all the hard work he put into preparing this wonderful event.

For more photos click here: Year 3-5 Music Concert
International Schools Assessments
During the first week of next term, students from Years 3 to 5 will participate in the ISA Assessment program. Students will sit papers in the areas of Mathematical Literacy, Reading and Writing. The results will allow the School and parents to track student progress in relation to thousands of other students attending international schools. This week, students have completed some practice papers to ensure they are familiar with the format of the assessments, but we do not conduct any other revision or specific preparation for these assessments as they are designed to provide a snapshot of each child’s genuine performance on the date of the assessment. If you have any questions about these assessments, please contact me on hos.js@aism.edu.my.

Happy Holidays
I wish all Junior School families a safe and relaxing holiday and look forward to seeing you all for the start of Term 4 on Tuesday 6 October. Remember to keep reading and practising number facts over the holidays. A little number work each day will make a big difference to the children when they return, and you never need an excuse to read. Happy holidays!

Grade of The Week - Year 3
Read the Book or watch the Movie first?

Some people think it is better to read the book first but some people watch the movie first. Which do you prefer? I prefer to read the book first!

Books can go as long as they want but movies have a time limit. With time limits, movies will have less action. Picture books or novels can go as long as they like.

With more time, books give you more detail. When you’re reading a novel, you will be INSPIRED with how much you can imagine the characters.

If you read the book first and it’s bad, you don’t have to waste your money to buy tickets to see the movie. But if it’s really FASCINATING, check first by reading the book then you can go and watch it.

Reading is fun but so is watching a movie and only ONE can go first. I think you should read the book before watching the movie.

Alya Azhar, 3G

Rosie Grosse, 3G

Arisa Morrell, 3G
Why watching a movie is better than reading a book
I think watching a movie is better than reading a book because watching a movie is much more interesting than reading a book.

When you watch a movie you learn new words. When you learn new words you can improve your language to make it better and faster.

When you watch a movie you can spend more time with your family. Spending time with family is good because you can have fun with your family.

Movies are more awesome than books. They are awesome because they are funny. Movies make me laugh and make me happy all day.

Finally, I think everyone should watch movies because they have more benefits than reading books.

Janelle Lim, 3W

3W Area Investigation
We measured different amounts of water to tip on the ground. We then calculated the area to discover how much ground the spill would cover.
### House Cross Country Championships

#### Girls:

<table>
<thead>
<tr>
<th>Age</th>
<th>Age Champion</th>
<th>House</th>
<th>Runner-up</th>
<th>House</th>
<th>2nd Runner up</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation</td>
<td>Alberte Hust Skov</td>
<td>Sauvage</td>
<td>Sophie Lau</td>
<td>Thorpe</td>
<td>Stephanie Springer</td>
<td>Thorpe</td>
</tr>
<tr>
<td>7</td>
<td>Kendra Clacher</td>
<td>Freeman</td>
<td>Jasmine Unsworth</td>
<td>Rafter</td>
<td>Maddison Semmens</td>
<td>Sauvage</td>
</tr>
<tr>
<td>8</td>
<td>Lucinda Stevens</td>
<td>Rafter</td>
<td>Miley Sawler</td>
<td>Thorpe</td>
<td>Emma Gnemmi</td>
<td>Thorpe</td>
</tr>
<tr>
<td>9</td>
<td>Eliza Tan</td>
<td>Freeman</td>
<td>Shin Yi Pan</td>
<td>Thorpe</td>
<td>Alexandra Kennedy</td>
<td>Thorpe</td>
</tr>
<tr>
<td>10</td>
<td>Isobel Armstrong</td>
<td>Freeman</td>
<td>Sara Yap</td>
<td>Rafter</td>
<td>Tayla Halvy</td>
<td>Thorpe</td>
</tr>
<tr>
<td>11</td>
<td>Tania Thong</td>
<td>Freeman</td>
<td>Anna Huggel</td>
<td>Sauvage</td>
<td>Yin Jenn Goh</td>
<td>Freeman</td>
</tr>
<tr>
<td>12</td>
<td>Jessica Halvey</td>
<td>Thorpe</td>
<td>Kate Farquhar</td>
<td>Sauvage</td>
<td>Tara Heaton</td>
<td>Freeman</td>
</tr>
<tr>
<td>13</td>
<td>Sydney Maynard</td>
<td>Sauvage</td>
<td>Lily Armstrong</td>
<td>Freeman</td>
<td>Zi Yi Heaton</td>
<td>Freeman</td>
</tr>
<tr>
<td>14</td>
<td>Cassandra Koumouris</td>
<td>Thorpe</td>
<td>Eliza Law</td>
<td>Thorpe</td>
<td>Aoi Kanda</td>
<td>Rafter</td>
</tr>
<tr>
<td>15</td>
<td>Sophia Koumouris</td>
<td>Thorpe</td>
<td>Regina Kewo</td>
<td>Rafter</td>
<td>Aysa Bahar Arjmand</td>
<td>Sauvage</td>
</tr>
<tr>
<td>16</td>
<td>Kimberley Kam</td>
<td>Thorpe</td>
<td>Ina Hobson</td>
<td>Freeman</td>
<td>Sydney Thompson</td>
<td>Sauvage</td>
</tr>
<tr>
<td>Open</td>
<td>Vere Michiels</td>
<td>Sauvage</td>
<td>Jessie Breen</td>
<td>Rafter</td>
<td>Victoria Chmiel</td>
<td>Thorpe</td>
</tr>
</tbody>
</table>

#### Boys:

<table>
<thead>
<tr>
<th>Age</th>
<th>Age Champion</th>
<th>House</th>
<th>Runner-up</th>
<th>House</th>
<th>2nd Runner up</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation</td>
<td>Hugo Tan</td>
<td>Freeman</td>
<td>Connor Lee</td>
<td>Thorpe</td>
<td>Oliver Bradley</td>
<td>Rafter</td>
</tr>
<tr>
<td>7</td>
<td>Aoto Fukai</td>
<td>Thorpe</td>
<td>Shusuke Agari</td>
<td>Rafter</td>
<td>Tristain de Lange</td>
<td>Rafter</td>
</tr>
<tr>
<td>8</td>
<td>Hans Chung</td>
<td>Sauvage</td>
<td>William Clayton</td>
<td>Thorpe</td>
<td>Marley Grosse</td>
<td>Thorpe</td>
</tr>
<tr>
<td>9</td>
<td>Tane Dolan</td>
<td>Thorpe</td>
<td>Rafael Drummond</td>
<td>Rafter</td>
<td>Tetsuto Masanaga</td>
<td>Freeman</td>
</tr>
<tr>
<td>10</td>
<td>Brayden Gorbach</td>
<td>Sauvage</td>
<td>Hideaki Kasai</td>
<td>Rafter</td>
<td>Darcy Stevens</td>
<td>Rafter</td>
</tr>
<tr>
<td>11</td>
<td>Daniel Morris</td>
<td>Freeman</td>
<td>Amir Abd rahim</td>
<td>Freeman</td>
<td>Gian Sutter</td>
<td>Freeman</td>
</tr>
<tr>
<td>12</td>
<td>Leigh Salani</td>
<td>Sauvage</td>
<td>Ross Weir</td>
<td>Thorpe</td>
<td>Finn Dolan</td>
<td>Thorpe</td>
</tr>
<tr>
<td>13</td>
<td>Zhan Yue (Alex) Kam</td>
<td>Thorpe</td>
<td>Nick Wong</td>
<td>Freeman</td>
<td>Joo Hann Oh</td>
<td>Rafter</td>
</tr>
<tr>
<td>14</td>
<td>Marius Naftel</td>
<td>Sauvage</td>
<td>Dashiel Emerson</td>
<td>Freeman</td>
<td>Massahiro Kuno</td>
<td>Sauvage</td>
</tr>
<tr>
<td>15</td>
<td>Sascha Lim</td>
<td>Thorpe</td>
<td>Nick Werner</td>
<td>Thorpe</td>
<td>Alex Khoo</td>
<td>Freeman</td>
</tr>
<tr>
<td>16</td>
<td>Patrick Heaton</td>
<td>Freeman</td>
<td>Zarak Khan</td>
<td>Thorpe</td>
<td>Jonas Naftel</td>
<td>Sauvage</td>
</tr>
<tr>
<td>Open</td>
<td>Shay Maynard</td>
<td>Sauvage</td>
<td>Sprite Munday</td>
<td>Thorpe</td>
<td>Mukesh Subramaniam</td>
<td>Sauvage</td>
</tr>
</tbody>
</table>

**House Winners Cross Country 2015**

1. Freeman 1146
2. Sauvage 1703
3. Thorpe 1708
4. Rafter 1708
Girls Basketball Camp

AISM hosted a girls' basketball camp on 4 and 5 September on the AISM campus. The two-day camp was organised by two AISM teachers as well as coaches from the Malaysian Dragons basketball team. The purpose of the camp was to focus on teamwork and basketball fundamentals which also included an internal competition and awards. Aysa Bahar Arjmand won the Most Valuable Player Award and Yasmine McKibbin won the Coach's Award. The AISM coaches would like to congratulate all the students who attended and put in great effort and hard work with hopefully a bit of fun mixed in.

Junior School Cross Country Results

Damian Pietsch, Junior School CCA Coordinator

Singapore Aquathlon

A few of our AISM girls, from both Middle and Junior School, took the Singapore Aquathlon challenge during the past weekend. This took place one day after our gruelling AISM cross country under the hot sun.

The following girls represented AISM in the annual Singapore Aquathlon National Championship:

- Lily Armstrong
- Taasia Thong
- Tania Thong
- Rosie Armstrong
- Mia Tan
- Eliza Tan

In the Youth Category (12-15 years old), "Team AISM" won silver in the mixed gender relay event. Taasia braved the choppy sea and swam 400m, while Lily stormed home with a 11-minute run over 3km. This is the first time both girls have participated in an international multisports event. They beat boys two to three years older!

In the Kids Category, Tania won silver in the individual event, swimming 200 metres and running 1km. This follows her recent gold medal in the Singapore International Triathlon, with the Singapore Duathlon coming up in early October.
The highlight of our AISM Book Week celebrations was the visit by Australian entertainer, Nadia Sunde. She set very clear audience standards at the beginning of each session such as looking and listening to the presenter at all times. Nadia encouraged the students to use their imagination to create interesting stories which could be oral or written.

She suggested creative ways to make something ordinary into something extraordinary like a sock into all kinds of puppet characters.

Nadia also held a storytelling workshop with our ELC teachers and Junior School assistants. They were all very engaged and totally inspired by Ms Sunde’s ideas and high energy level.

Some of the students comments about Nadia Sunde

Year 1
Crazy
Cool

Year 2
Very funny
Lots of fun

Year 3
Great Imagination
Fantastic

Year 4
Amazing
Hilarious
Dramatic

Year 5
Creative
Awesome
She Rocks!
She was epic!

For more photos click here: Author Nadia Sunde

Year 7 Bahasa Students
Year 7 students translated some traditional stories from English to Bahasa and read them to the Year 5 classes.

Storytelling Sessions
Many of our Middle and Senior School teachers enjoyed coming to the library to read to a Junior School class. The children responded with great enthusiasm.
This fun activity involved each class decorating their door with a favourite book. The designs were very creative and original. Themes included Roald Dahl, Diary of a Wimpy Kid and Harry Potter.

**Homeroom Door Designs**

This was a very popular event run by the SRC representatives from both schools.

**SRC Second Hand Book Stall**

Many thanks to all the parent helpers this term. I would like to thank Mrs Mei Tan in particular. Her amazing Australiana display is at the library entrance. Our Junior School students have been enjoying doing an iPad quiz relating to the display.

Happy holiday bookshop browsing and reading. Remember you can read books from our Wheelers ebook library.

**Selfie Shelfies**

Teachers had fun taking selfies with their favourite book.

**Parent Helpers**
Vaccination at Health Services

Denise McFarlane, School Nurse

Last Saturday we had a good turnout of students of different ages having their vaccine at the Health Services. Mrs Mac was on stand-by to support students and parents. Dr Asad from Ara Damansara Medical Centre had a lovely bedside manner with the students and answered all the parents’ questions.

The HPV (Human Papilloma Virus) vaccine 2nd dose will be scheduled for Term 4 2015. Here is the 3 vaccinations that were offered at the school.

**Human papillomavirus (HPV) vaccine** protects against a cancer-causing infection. The HPV vaccine is given as a three-dose series over a six-month period to protect both females and males. Teens or young adults who have not gotten any or all of the recommended doses should make an appointment to be vaccinated. Younger adolescents have higher antibody levels to vaccination compared to older adolescents and young adults. This may result in longer lasting immunity for those vaccinated earlier in adolescence.

**Tetanus, diphtheria, and pertussis (DPT) vaccine** includes protection against pertussis (whooping cough), which has been on the rise in the US especially among children 10-19 years old and babies under five years old. Vaccination is important even if your child was vaccinated as an infant, because the protection from those vaccines may not last into the teen years.

**MMR 11**

**Measles** is a serious and highly contagious viral disease which causes fever, runny nose, cough and sore red eyes, followed by a rash. Measles can sometimes lead to dangerous complications such as pneumonia. About one person in 1,000 who contracts measles will develop inflammation of the brain. For every 10 children who become affected in this way, one will die and many will have permanent brain damage. Measles still causes deaths in Australia. A rare condition called SSPE can develop several years after a measles infection. SSPE rapidly destroys the brain and is always fatal. Measles can be caught through coughs and sneezes from an infected person before that person realise they are sick.

**Mumps** causes fever, headache and inflammation of the salivary glands. About one in 5,000 children develops inflammation of the brain. The disease can cause permanent deafness. About one in five adolescent or adult males who contracts mumps develops a painful inflammation and swelling of the testicles. Males with this condition generally recover completely, but on rare occasions it may cause infertility. Mumps can be caught through coughs and sneezes from an infected person before that person realises they are sick.

**Rubella** This is a mild childhood disease but it can also affect teenagers and adults. The disease causes swollen glands, joint pains and a rash on the face and neck which lasts two to three days. Recovery is always speedy and complete. Rubella is most dangerous when a woman catches it in the first 20 weeks of pregnancy. This can result in serious abnormalities in the newborn baby. Deafness, blindness, heart defects and intellectual disabilities can occur. Rubella can be caught through coughs and sneezes from an infected person before that person realises they are sick.

This term break the support staff will have a Health Talk on ChiroKinesis Oct 1st by Health works organised by Health Services.
Starting from Term 4 2015 a new policy on medications will be implemented by Health Services following guidelines by the Nursing Code of Safe Practice

The use of Paracetamol for the treatment of common childhood illnesses has come under increased scrutiny in recent years. We are now aware of the potential for the masking of important symptoms if it is administered without a doctor’s health assessment. It is now clear that the administration of this medication should only be in accordance with a doctor’s prescription.

Paracetamol can mask signs and symptoms of serious illness or injury and care providers must not give Paracetamol as a standard first aid strategy or as a standard response to a fever.

Paracetamol is contained in many medications, including Panadol, Dimetapp and Tylenol.

Head Nurse Denise McFarlane is concerned about students who continually come to school complaining of headaches and just not feeling well, without eating a healthy breakfast, not having enough sleep and not taking care of their health and personal hygiene. Before going to bed, students should prepare their schoolbag and PE clothes and school uniform ready for the next day. Physical exercise is good for the health of the student and even for female students with period pain.

Parents are responsible for the wellbeing of their children and should make sure that the child is prepared for school. Being prepared means early to bed, eating a healthy breakfast and bringing a water bottle to school. Headaches and stomach complaints cannot be solved with medication alone.

-Pack school bag—uniform—early to bed—healthy breakfast—water bottle-

---

Funky Football

Elaina Cortez, Economics & Year 10 Home Room Teacher

Funky Football KL is looking for girls ages 5 - 12 years who are interested in learning and playing football (soccer). This is a parent-run organisation coached by some fathers in the group. Practices are on Sunday mornings at 8:45am with the occasional match against other teams on weekends. If you are interested in joining, you can either email Funky at funkyfootballkl@gmail.com or show up for a trial on Sundays. The new session will begin in September 2015. Please email Funky Football for an exact start date.

Time : Sundays 8:45am to 10:00am

To view the Funky Football Facebook page, click here: Funky Football
Did You Know?

Despite a population of only 23 million, Australian education has produced more than its fair share of the world’s best and brightest minds. Here are some amazing facts about Australia and why Australian education is so highly regarded, all over the world!

- 8 out of 100 top universities in the world are Australian
- Among Top 20 Universities in the world
- 15 Nobel prize laureates
- Over 1,000,000,000 people around the world rely on Australian discoveries and innovations every day
  - IVF
  - WIFI
  - Penicillin
  - Ultrasound
  - Black Box
  - Bionic Ear
  - Cervical Cancer Vaccine
Did You Know?

THE MEDIA MOGUL
Australian-born Rupert Murdoch is founder, chairman and CEO of global media company, News Corporation, the world’s second-largest media conglomerate. 2015 Forbes’ List : The World Billionaires

THE HOLLYWOOD ACTOR
A-Lister Hollywood ‘Wolverine’ actor, Hugh Jackman is Australian!

THE ATHLETE
Australian-born, Ian James Thorpe is a five-time Olympic gold medalist, the most won by any Australian. With three gold and two silver medals, Ian was the most successful athlete at the 2000 Summer Olympics.

THE SCIENTIST
The flight recorder (black box) was invented in 1958 by Australian-born, Dr David Warren at the Aeronautical Research Laboratories in Melbourne. Today, every commercial plane flies with this Australian invention that helps investigators determine what happened in an airplane accident.

THE PATHOLOGIST
Penicillin was discovered in 1928 by British scientist Alexander Fleming. But Australian-born Howard Florey and his team mass produced the first antibiotic for human use.

THE INVENTOR
John O’Sullivan is an Australian engineer whose work with a team from Commonwealth Scientific and Industrial Research Organisation (CSIRO) of Australia led to the invention of a core technology that made wireless LAN fast and reliable. This technology was patented by CSIRO and forms part of the Wi-Fi standards and thus, John O’Sullivan is also credited with the invention of WIFI.

THE BILLIONAIRE
Gina Rinehart is Australian mining tycoon and queen of the global iron-ore trade. Gina controls Hancock Prospecting group and is listed in the 2015 Forbes : The World’s 100 Most Powerful Women and 2015 Billionaires List.
EMPOWER YOUR CHILD FOR SUCCESS!
Join SuperCamp and see the transformation.

Established since 1982 in the USA, with over 70,000 students inspired, SuperCamp has been the trusted worldwide leader in enhancing academic, leadership, communication and relationship skills for students from over 85 countries. SuperCamp has been conducted in Malaysia for the past 8 years by international facilitators and team leaders from USA, Singapore, Australia and Malaysia.

✓ ACADEMIC SKILLS
We'll share tools that help students to become a better learner.
- Quantum Study Strategies
- Quantum Reading
- Quantum Writing
- Quantum Note-taking/Mind Mapping
- Quantum Memory

✓ LIFE SKILLS
Guiding young people toward a positive future full of confidence, motivation, creativity, teamwork, leadership and valuable life principles.
- 8 Keys of Excellence
- Leadership
- Communication and Relationship Tools
- Creative Thinking
- Goal-Setting
- Problem-Solving

OUR TRULY INTERNATIONAL
7-DAY/6-NIGHT
SuperCamp

16 to 22 DEC 2015
WED – TUE

Junior Forum
(10 - 12 yrs old)
Senior Forum
(13 - 17 yrs old)
Leadership Forum
(ex-campers
15 - 18 yrs old)

CALL US TODAY!
03 - 6203 0525
017 - 381 7099

Quantum Education Sdn Bhd (650226-W)
Tel: +603 6203 0525 E-mail: camp@supercamp.com.my
Fax: +603 6203 0878 Facebook.com/mysupercamp
Mobile: +6017 381 7099 www.supercamp.com.my