Dear Parents,

Thank you for reading this newsletter.

**SST top of the League**

Out of 55 Schools in the Petaling Perdana District Tenby SEP (KL) SST Form 5 students achieved the best results: No. 1
Well done SST Pupils and SST Leadership and Staff.

**Classical Music Asia**

In The Auditorium last Sunday some wonderfully talented musicians from Tenby and other Schools delighted the audience with some extraordinarily mature performances, including a *tour de force* from nine year old Tan Jing Ern performing the very advanced piece (of Diploma standard) *Nightingale* by Glinka. The next CMA concert is scheduled for Sunday 17th April 2016 at 15:00hrs.

**Epomania**

The film *Epomania* is still showing in the local Cinemas. It is about the Malaysian Football Team’s exploits in the 1980’s and the boycott of the Moscow Olympics. Primary children concluded their last week meeting two of the stars in the film, whilst leaning about the soundtrack for the movie from the composer for *Epomania* Onn San. Wow – indeed.

**Charity Carnival : Open Day : Masquerade Ball : Carmina Burana**

Thank you to the School Community for embracing these events in celebration of Tenby.

**Thank you PA : Helping your child build inner strength**

Over 100 parents attended an excellent seminar earlier this week. Thank you Tenby PA for being so pro-active, and arranging so many worthwhile events for the Tenby community.

**University Careers Fair : Wednesday 16th March 2016 from 11:00hrs until 14:30hrs.**

There will be 30 universities from England, Australia, US and Ireland at a Careers Fair for Years 10, 11, 12, 13 being arranged by Tenby. More details to follow.

Thank you for reading this newsletter.
SST Parents’ Association

There are joint SST and TIS Parents’ Association meetings each term. Earlier this week the SST representatives were elected at the Annual General Meeting of SST Parents. Thank you to those parents who have put forward their names, and now been elected as PA representatives.

SST Parent Forums : next Term

This week saw the last of a series of TIS Parent Forums which have been conducted for all Year Groups from Early Years to Sixth Form. Next term there will be more Parent Forums for both TIS and SST sections of the School to discuss areas of common interest. More details and dates to follow.

Year 9 Options' Evening

Last night a very informative evening was presented by Secondary TIS staff, and was very well attended by families ; it was a very special 'Tenby magic dust' occasion. Well done Iain Sallis, Jeff Ison, and staff, and thank you parents and pupils for attending.

Thank you to the School Community for embracing these events in celebration of Tenby.

Kind regards,

Andrew Auster
Campus Principal
From the PA:

SHAKE RATTLE AND ROLL…!

Are you a “It’s Raining Men” kind of girl or are you a “Thriller” fan? Perhaps you prefer to groove to Joss Stone or Tom Jones?

What makes you shake, rattle and roll??

We plan to get you up and dancing at the Tenby Masquerade Ball, moving limbs and body in a way not seen since the 80s.

We have a superb live band playing on the night, Public Voice, who will get you up on your feet, following which will be an hour of DJ songs requested by YOU, which will keep you on your feet!

Log on to this link below and register your favorite dance tunes. On the night we will play the top 20 songs requested by you.

Other notices:

“So far we have sold almost 15 tables of tickets. Our last day of sales will be Friday 11th March 2016. Get your tickets fast!

“We have raised more than RM 16,000 thus far for the Penan Women Foundation from bag sales, not including today’s sales. Thank you for your support!”

“Remember to enter the TMB cutout contest to stand a chance of winning a limited edition Penan bag or an Out of Africa Restaurant and Kudu Bar dinner voucher!”
Tenby Masquerade Ball 2016
Saturday 19th March 2016
EX8, SS13/4 Subang Jaya.

Tickets on sale every Tuesday & Friday at the foyer,
from 8.00 am to 9.30 am.

Price
RM230 (incl GST) per ticket

Time
6.30 pm to 12.30 am

Dress code
Formal/Glam/
In character... with a mask!

Thank you
to our sponsors:

*Sid’s Pubs Sdn Bhd
(Gold sponsor)

*Datuk Richard Phua
(Cash sponsor)

(Victoria Crest
Premium Meat Products)

(Rawlins
A Tradition of Quality)

(Entertainment corner sponsor)

*Tay Chooi Moon
(Cash sponsor)

*Erica Wong
(Performing artists sponsor)

*Jo Bradnam
(Cash sponsor)

Thank you
to our partners:

*Ace Fame Productions
(Design & Print Production)

*Drum Asia Studio
(Music & Lighting)
# Upcoming School Activities

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>School Event/Activity</th>
<th>Remark</th>
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<tbody>
<tr>
<td><strong>Every Wednesday afternoon from 14:40-15:40hrs</strong></td>
<td>Close to nature days</td>
<td>Planting and caring of plants are some of the activities to inculcate the love for nature among growing children. Parents, staff and teachers are invited to join in. This is a great bonding time for Tenby Community! All participants must be appropriately dressed for doing gardening in the afternoon. Please remember to bring your water bottle and cap along.</td>
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<tr>
<td>Saturday 19th March Ex 8 Jalan SS13/4, Subang Jaya</td>
<td>Masquerade Ball</td>
<td>This is organised by Tenby Schools PA and every extra ringgit raised above Ball costs will go to the Penan project</td>
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<tr>
<td>Monday 21st – Thursday 24th March</td>
<td>Book Week 2016</td>
<td>Activities are as follows for the following classes:- Std1/Yr1: Elmer’s Colouring by the Numbers Std2/Yr2: Elmer’s Photo Patchwork Std3/Yr3: Book Mark Making Std4/Yr4: LEGO Story Making Std5/Yr5: E Book QR Code Poster Std6/Yr6: Book Face Off</td>
</tr>
<tr>
<td>Tuesday 22nd March</td>
<td>Primary Experiential Learning trips for Std 1,2,3,5 &amp; 6 (Day trips)</td>
<td>All Primary students will be on this learning trips with their teachers. No school provision if child does not participate. Participants are to be in school by the usual school time</td>
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<tr>
<td>Wednesday 23rd March</td>
<td>Primary Experiential learning trips for Std4 (Day trip)</td>
<td></td>
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<tr>
<td>Thursday 24th March 08:00-16:00hrs</td>
<td>Tenby Leadership Series Workshop for Form 1-3 in school</td>
<td>The attire is complete school uniform and PE attire is to be brought along to change before activity times</td>
</tr>
<tr>
<td>Friday 25th March 08:00-16:00hrs</td>
<td>Tenby Leadership Series Workshop for Form 4 &amp; 5 in school</td>
<td></td>
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Eco – Committee
Last week students across all sections of the School helped to plan a herb bed and insect plant bed in our Primary play area. Last term students worked together to write an Eco Code for our school and to complete an audit of our current work.

TENBY – Setia Eco Park Eco Code

T  turn off taps and lights when not in use
E  extend the Eco message to parents and the community
N  never drop litter
B  be aware of what’s happening to the world
Y  you should always reduce, reuse and recycle

S  say no to global warming, try walking instead of driving
E  everyone in our school needs to do their bit
P  protect the plants, trees and wildlife in our school environment

Help Conserve Energy
If you are the last to leave the room, please turn off the lights!
Budding paleontologists of Tenby

Year 3 looked at fossils formation and how studying fossils helps Paleontologists gather information on Dinosaurs who inhabited our land millions of years ago. They had a fantastic time creating their own fossils for their Entry Point on the IPC topic "Foot Prints from the Past."

Primary football

Last week the Primary U11 team played well against other International Schools in the league. Thank you to all those who came to give support.
we have started a pen pal exchange with a school in the United Kingdom. Longhill school is a comprehensive secondary school, teaching year 7-11 students. Based in Rottingdean, near Brighton, the school takes pride in strong links with the local community and its vision; 'Determined to be the best we can'.

The learning intention of this project is to practice student’s reading and descriptive writing skills and to encourage the school ethos of international mindedness.

We have already completed our first exchange with some Year 8 students working with The Learning Centre in TIS Secondary and are now sending our next batch of letters from a number of TIS secondary students. In particular Ms Welton’s tutor group, 7T have each written a letter to Longhill’s tutor group 7RI. Their letters will be sent to Longhill School this week via air mail, and we hope to receive their replies at the start of term 3.
Secondary Swiss Alps Ski Trip 2016

On the 5th to the 14th of February, 3 teachers (Mr. Robinson, Mr. Moss and Ms. Esther) and students went on a trip to the little town of Brienz, Switzerland for the school ski trip. The first flight was 14 hours long, and was in the late night, so most of us got some shut eye for the upcoming tiring days that we would experience. There was a brief stopover in Frankfurt, Germany, before we were off again, heading for Zurich. From Zurich, we had to take a bus ride to where we would be calling our home for the next six days, Brienz.

We stayed in a little hotel, known also as the Hotel Restaurant, and it was our comfortable little home and resting place, nearby to a supermarket called Co-op, where we went occasionally to buy snacks and chocolate, when we weren't too tired and when we had time. Here, too, was where we met our talented ski instructors.

Their names were Tim, John, John, and Mr. Graham, and they would be the people accompanying us to the mountains and helping us with our skiing.

Our first day of skiing was at Axalp. We would spend three days here, practicing on smaller slopes until we got the basics down. The more experienced skiers, however, went to runs on the black slopes while the less experienced skiers stayed on the smaller slopes, also known as bunny slopes. We would have lunch at a cafe at the mountain. One common food we tended to eat was their cheese pizza, along with warm cocoa and large glasses of Coke. We'd spend 8 hours every day skiing in the freezing cold, tired to our bones.

The second mountain we went to was called Magisalp and to get there, we had to take several cable cars up to the highest part of the mountain. Here was where most of us went on actual slopes, categorised in three groups: blue, red and black. Blue slopes were called the easy slopes, as they weren't as steep or winding as other slopes. Red slopes were the middle slopes, which were more challenging than the blue slopes. And finally there was the black slopes, which were the most challenging and was the steepest out of all three.
The biggest problem, however, with this mountain was the fact that they had snow makers around, obscuring our vision and making it hard for us to focus on actually staying balanced, resulting in some falls. Deep snow was also very common here, resulting in more falls.

Food at Magisalp was at a food court where they served all kinds of food like spaghetti, fries, and sausages. Most of us were able to ski all the way down the mountain to the bottom gondola by the end of the three days spent there.

Dinner was spent back at the place we called home, and could be a number of different things. One time, we even got pizza! But after all that fun and games, we settled in for a round or two of Uno, and then to sleep we drifted, ready for the next day.

Thank you to all the teachers and instructors that worked so hard to let us go on the trip! We all had a great deal of fun, and we hope to go again soon!

For more Ski photos kindly visit our Facebook

Kye-Li Tan 10N
PE

U15 Boys Basketball KLISS League First Round

The U15 boys basketball team looked strong against their opponents on Thursday at IGB school. The preliminary round of KLISS saw the top two teams of four go through to the final (to be played at a later date) to play against the other side of the draw. Having Darren, Yi Heng and Nick play in the KLISS league brings depth and experience to the team. Our tactic to run the ball fast at our taller, slower opponents worked well in the first two games. Darren made some quick steals and Yi Heng able to call a play to create space allowed the Tenby Eagles to stay out in front with a relatively comfortable lead against IGB and HELP. The last game against ISP kept the five players on court at any one time with a two-point ball game the whole way through. One point up with 3.4 seconds to go, saw a slight lapse of concentration and ISP stealing the win in the last half a second! An excellent tournament and although we lost the last match, we went through as the top team by one point in basket difference.

U15 Girls Basketball KLISS League First Round

The U15 girls took part in their second big tournament of the season with growing confidence. The first game against IGB was a tight and scrappy affair with defenses in control. A 4-2 victory was in the end well deserved. In the second game we played a highly experienced (and tall) ISP team. The girls started brilliantly, scoring the first 4 points. Our opponents then increased the pressure, eventually making their shots count with an 11-5 victory. The girls fought back hard in the final game playing against tournament favorites HELP in a game that was end to end and close until the final shot – final score Tenby 6 – 8 HELP. The girls missed out on second place on goal difference. This team has shown huge developments in understanding and skill. We just need to practice lay-ups, lay-ups and more lay-ups.
It has been a tough 4 full days from 23rd to 26th February for our swimmers. This year’s outcome of MSSS swimming has raised the bar for the school by Arniesh managed to secure 2 medals for 50m and 100 Butterfly while the relay teams of Under 10 Girls, Under 12 Girls and Under 12 Boys took back 5 medals. On top of that, most swimmers have made good improvements in their personal best from the ISAC swimming event in December. We would like to thank the below swimmers for their effort and time.

Danial Muhammad
Aidan Koh
Arniesh Sasheedran
Joel Ding
Isaac Ng
Hasker Metcalfe
Ethan Mah
Soong Jia Liang
Lim Jack Kai
Irwin Lim
Justin Seo

Shakira Abader
Shalin Mohkiah
Anabelle Teh
Annabel Lim
Challyse Lim
Angeline Emby
Lauren Mah
Ianna Azlan
Nadira Abader
Illyssa Ng
Mahnushiri Venu Gobal

Last but not least to coach Yulia, Mr. Kenny, our parents and Ms. Areena for their time, effort and support to the school.
ISAC Primary & Secondary Athletics Day

What an awesome effort by all primary participants at the ISAC Athletics Day at the Panasonic Sports Complex.

The ISAC primary and secondary Sports Day took place on Friday 26th February in Panasonic stadium, the glorious weather allowed the athletes to produce phenomenal times whilst the spectators bathed in the sunshine.

The event covers three age groups; Group 1 consisting of over 18, Group 2 consisting of U15, Group 3 involves athletes aged U13. All in all, it was a record year for entries showing that the sport of athletics is continually growing in International Schools of KL and provided great competition for all those involved.

The medals started with Shin Won Seo from Y8, competing in U13 Shot put event. Chris secured silver, continuing his superb form this season and showing why he is being considered for the ISAC Sports Day. This was closely followed by Karlson winning Bronze in U15 Long Jump.

U15 girls proved once again to be an extremely great runners by winning the group bronze medals in Relay Race 4 x 100m.

It was clear to all, that the Tenby athletes who turned on that Friday conducted themselves in an extremely mature manner throughout the competition. They were true role models for the sport and their school; an advert as to why so many people are getting involved in athletics.

Head of Physical Education and Sports Ms Yulia was delighted with the day saying Great weather, great sportsmanship, great event and a big thanks to all PE staff and volunteers for helping out on the day and for parents for their support.
U9 Football girls won the KLISS Cup

The U9 Football girls team won the football tournament International School March. This trophy victory in the U9 girls League just three KLISS U9 girls football Plate at the played at Tenby on Wednesday 2nd adds to their stunning Benchball KLISS months ago. against KTJ in the coveted Cup down to Tenby won 2-1 all the team players for parents for their support.

At the final match finals to claim the trophy. It came penalties which Congratulations goes to their great effort and to all

U9 boys Football KLISS League

The U9 boys football team were competing for the plate in KLISS on Wednesday 2nd March. Tenby 3 – 0 IGB, Tenby 0 – 2 Nexus, Tenby 5 – 0 KTJ

We showed hard work and determination against IGB and KTJ but lost our way slightly against a strong Nexus side. The boys understand their mistakes and know how to move on and improve for next time.

Congratulations on achieving 2nd place.

Next Fixtures:

05.03.16 Saturday Secondary Athletics Day KLISS League @ NEXUS
06.03.16 Sunday U18 ISAC Badminton Tournament @ Setia Badminton Academy
12.03.16 Saturday U15 Basketball tournament KLISS @ IGB
19.03.16 Saturday Primary Athletics Day KLISS League @ IGB
After staying off from competitive for several months due to a knee injury, Bronson Cheah Jun Peng returned and took part in last weekend’s Semenyih Open Cup Taekwondo Championship 2016 with a bang. He won the gold medal effortlessly after beating 4 other opponents. Motivated by his earlier achievement, his younger sibling, Nicole Cheah Ji Ki joined in the competition for the first time and managed to secure a silver medal for herself.

Semenyih Open Cup Taekwondo Championship 2016
From left: Nicole (3E), Coach Tan, Bronson (6Y)
Calling all parents!

Share your passion for reading and tell stories to children in Early Years to Year 2 during the coming Book Week.

Kindly email Ms Ruth (Teacher Librarian) at ruth.silva@tenby.edu.my of your preferred date and time.
TRY A BLIND DATE WITH A BOOK!
A great way to try something outside your usual range or reading!

BOOK WEEK
2016
21-24 MARCH
GIVE A BOOK, GET A BOOK.

BOOK EXCHANGE 2016

23 & 24 MARCH 2016

08:00 hrs to 16:00 hrs

3 easy steps to exchange your used books for new reads

1. Bring your 2 books to the library from 14 until 22 of March, 08:00hrs to 16:00 hrs.

2. Collect a ticket indicating a two-for-one exchange for the books accepted

3. Bring your tickets to the library on 23 & 24 of March to redeem other books

DONATE YOUR OLD BOOK to help a child get a shot at better learning

TIS & SST PRIMARY

Tenby Schools’ Library
Dear Parents/Guardians,

It is often difficult to make a decision about whether or not your child is sick enough to stay home from school. Below are some guidelines that may be helpful for you. Many illnesses are easily spread, both in school and in the family. Keep in mind that hand washing is the single most important thing you can do and teach your child to help prevent the spread of infections. Hand sanitizers will also help. It is also helpful to teach children to cover their mouth with sneezing and coughing.

If you bring a child to school with any of the symptoms listed below it puts other children and staff at risk for getting sick. If all parents keep their sick children at home we will have stronger, healthier and happier children. When there is any doubt in your mind about sending your child to school, consult your child’s doctor before doing so. A phone consultation may be all that is necessary, or your child’s doctor may need to see the child in the office. While we regret any inconvenience that this may cause, in the long run this means fewer lost work and school days and fewer illnesses for everyone.

Sick Children … Send to School or Keep Home?

Go to School- If your child has any of the following symptoms, they should probably go to School:

• Sniffles, a runny nose and/or a mild cough without a fever
• Vague complaints of aches, pains or fatigue
• Single episode of diarrhea or vomiting without any other symptoms
• Ear infection without fever- Your child does not need to be excluded, but does need medical treatment.

Please keep home if fever is present. Stay at home - If your child has any of the following symptoms, please keep your child home:

• Fever- temperature of 100.5 degrees Fahrenheit or higher. Remember that a child must be fever free (without the use of fever-reducing medication) for 24 hours before returning to school.
• Eyes- with thick mucus or pus draining from the eye or pink eye. With pink eye you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness. Your child must receive 24 hours of antibiotics and/or doctor approval before returning to school.
• Sore Throat with fever or swollen glands in the neck. Your child may return to school after 24 hours of antibiotic with strep throat.
• Vomiting- two (2) or more times within the past 24 hours.
• Diarrhea- three (3) or more watery stools in a 24-hour period, especially if the child acts or looks ill.
• Rash with fever or itching. Heat rashes and allergic reactions are not contagious.
• Chicken Pox-Children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbled over and dry.

If your child shows any of the above symptoms at school, it will be necessary to pick him/her up from school. If your child is diagnosed with something contagious, please let the teacher know.
Tenby SEP Parents’ Association
Coffee Morning Series

GUTTED! - A talk by Dr Akhtar Qureshi

The human gut contains 10 times more bacteria than all the cells in our body, most of which are beneficial and essential. If our gut bacterial ecosystem is healthy, our immune system is healthy. This means we can fight against ALL disease, from the common cold to cancer.

Dr Akhtar Qureshi, Consultant Surgeon of Sunway Medical Centre, has practised medicine for about 30 years. He is a general surgeon and specialises in colorectal cancer. Currently President of Gut Society in Malaysia, he will be giving a talk on the importance of gut health: what it means, what it takes to maintain a healthy gut and therefore healthy immune system. He will also tell us the signs and symptoms to look for and what we can do to improve gut and therefore overall wellbeing. He will explain what investigations and interventions can be made.

There will also be ample time for Q and A.

If you are interested in understanding your body and your health in a more profound way; if you want to take responsibility for it and if you want to prevent rather than cure, then this talk is for you.

Date: 22 April 2016, Friday
Time: 8am - 10am
Venue: EPC

Take a breath and prepare yourself. We are going to ask you to think about something you are not usually asked to think about. We are going to ask you to think about your gut… No, not the size of it or how it affects the flow and fall of your favourite dress or shirt, but what is inside it and what goes on inside of it!

We want you to consider the importance of your gut health in maintaining overall health and wellbeing, both physical and mental.

Fatigue, depression, Irritable Bowel Syndrome (IBS); getting sick despite taking “all the right” vitamins and foods; finding it hard to concentrate or focus; the big “C” -- cancer…

Did you know that all of these things, and more, could be due to what’s going on inside your gut? Diabetes, autism, depression and colorectal cancer have been linked to an imbalance in our gut flora. Hippocrates, the ancient Greek father of medicine, got it right 2,500 years ago when he said, “All disease begins in the gut”.

Please register with the Parents’ Association at tenbysep.pa@gmail.com (attention: Shreen and/or Elizabeth), by Monday, 18 April 2016. Please give us your child’s name and class. We look forward to seeing you there!
Useful Contacts
For more information about the school email info@tenby.edu.my
or for CCAs cca.sep@tenby.edu.my
[Please remember to include your son/daughter’s name and class in all correspondence].

For instant news like our new Facebook page
facebook.com/TenbySetiaEcoPark

Follow us on Twitter
TIS Primary School @TenbySEP_TISpri
TIS Secondary School @TenbySEPTISsec
SST @TenbySEP_SST
Sport and PE @Tenby_Sport
Tenby CCAs @TenbyCCAEAGLES

Read the PA blog
tenbysep-pa.blogspot.com