Message from the Principal

Dear Parents,

Thank you for reading this last Newsletter of this eventful Term. The next Newsletter will be issued on Friday 15th April 2016. The School takes this opportunity to thank Mandy Cheong for all her conscientious work compiling and editing these weekly Newsletters.

Charity Carnival Day

Thank you to all who supported last weekend’s Charity Carnival. An estimated 3,000 people came to School between the hours of 08:00hrs to 14:00hrs and an amazing sum of almost RM 30,000 was raised to support the nominated charities. Like so many events the day was student led by members of the Student Council and Prefects from both SST and TIS, in particular Nicole (Form 5), Cheryl (Form 4), Timothy and Aleena (Year 12). Helping, supporting, guiding the whole ambitious project was Tom Robinson, who was also a participant in the early morning Paint Run which attracted over 200 pupils, staff and parents.

Open Day

Last Saturday, the School also hosted an Open Day for prospective parents. Over 100 families attended, and there was considerable interest shown in SST in the knowledge of the recent outstanding SPM results, and also Early Years, and the two additional classes (Year 7 & 8) in TIS secondary.

Director of Sport

Mokhamed Azzam has made a significant impact on the School’s sporting provision. Mokhamed has a full day, often beginning at 06:30hrs with early morning training for some teams, and not concluding until late in the evening after taking teams to tournaments and matches, plus weekend sports’ commitments. The successes of both boys and girls in a variety of sports and ages in recent months (as detailed in the wonderful PE articles in the Newsletters, including this week’s contribution sent from a hospital bed…) has been remarkable, and Mokhamed has been ably supported by his wife, Yulia Pleshivtseva, and a very dedicated, hard-working PE team. Alas, earlier this week whilst taking a PE lesson, Mokhamed aggravated a previous knee injury, which has required surgery and a stay in hospital. The School wishes Mokhamed a speedy recovery.

Baby Adam

Thank you to those who have made a contribution to help the TIS Secondary teachers Gary Bradley and Albina offset some of the considerable costs involved in taking the body of Baby Adam back to the UK. Adam’s funeral took place yesterday in Glasgow, Scotland and he has been laid to rest in a family burial plot. The Admissions’ Office will be pleased to receive any other donations in a sealed envelope inscribed with the words Baby Adam; cash or cheques made payable to Gary Edward Bradley, up until the last day of Term next Thursday.
Careers’ Fair:
36 Universities world-wide at Tenby
Thank you to Head of Sixth Form Janet Clayton, and Careers’ Advisor Katherine Lloyd for arranging such a worthwhile, inspiring, and successful day for the School’s senior students from both SST & TIS earlier this week.

Earth Hour:
Friday 18th March 2016, 08:30 - 09:30hrs:
Tenby Setia ECO Park (KL)
The School has observed an Earth Hour and switched off all electricity earlier today. Let the School embrace every opportunity to be Eco aware, and Eco friendly.

Book Week from next Monday 21st March 2016
Thank you to the School Librarian, Ruth Silva who as master-minded a wonderfully inspiring week for the whole School to emphasise the joy to be had from reading books.

Associated Board of the Royal Schools of Music (ABRSM)
The School is an accredited Examination Centre for the ABRSM. Thank you the Music Department for hosting exams during the holiday period for Tenby pupils, and for pupils from other Schools. Good luck to the pupils!

School holidays
The School term concludes next Thursday 24th March 2016 at 12:00hrs. SST re-start next term on Monday 4th April 2016, and TIS on Wednesday 6th April 2016.

I return over the holiday period to celebrate Easter with my family. May I take this opportunity of wishing the whole School community a very happy, healthy holiday period.

Kind regards,
Andrew Auster
Campus Principal

Lee Jia Hwei  Leong Wai Han
Shamani Balasingam  Joanne Ch’ng
Alwin Thian  Julie Thomas
Lian Foong Siddle  Jagdeep Kaur
Elizabeth Wong  Shreen Qureshi

Thank you to the dedicated Parents’ Committee who have spent many hours planning a special event this weekend for the parents, staff and friends of the School to enjoy. Any lastminute.com ticket requirements please contact Mandy Cheong.

Carmina Burana : rehearsal
Saturday 19th March from 13:45hrs until 17:00hrs

160 pupils and 60 adults from all five Tenby Schools meet this Saturday in The Auditorium at SEP (KL) to rehearse for the 8th May 2016 Concert in the Petronas Towers. Thank you SEP (KL) parents for supporting your children.

William Shakespeare:
A Midsummer Night’s Dream

Congratulations to the Drama Department who have been nominated for an Award at the 13th Annual BOH Cameronian Arts Awards sponsored by PricewaterhouseCoopers for last July’s School Production. The two producers Lexi Lawrence and Rachel McCue will attend a Celebration Event next week, and the announcement of Awards will be made on 24th April 2016.
## 2016 / 2017 Term Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>SST Term 2 / TIS Term 3 starts</td>
<td>Monday 04.04.2016 / Wednesday 06.04.2016</td>
</tr>
<tr>
<td>Labour Day Replacement (School closed)</td>
<td>Monday 02.05.2016</td>
</tr>
<tr>
<td>Half Term (School closed)</td>
<td>Monday 30.05.2016 – Friday 03.06.2016</td>
</tr>
<tr>
<td>SST Term 2 / TIS Term 3 restarts</td>
<td>Monday 06.06.2016</td>
</tr>
<tr>
<td>Nuzul Quran (School closed)</td>
<td>Wednesday 22.06.2016</td>
</tr>
<tr>
<td>Hari Raya Puasa (School closed)</td>
<td>Wednesday 06.07.2016 – Thursday 07.07.2016</td>
</tr>
<tr>
<td>Hari Raya post-holiday</td>
<td>Friday 08.07.2016</td>
</tr>
<tr>
<td>SST Term 2 / TIS Term 3 ends</td>
<td>Wednesday 20.07.2016 at 12:00hrs</td>
</tr>
<tr>
<td>SST Term 3 starts</td>
<td>Monday 15.08.2016</td>
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<tr>
<td>TIS Term 1 INSET</td>
<td>Monday 29.08.2016 / Tuesday 30.08.2016</td>
</tr>
<tr>
<td>Merdeka Holiday (School closed)</td>
<td>Wednesday 31.08.2016</td>
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<tr>
<td>TIS Term 1 starts</td>
<td>Thursday 01.09.2016</td>
</tr>
<tr>
<td>Hari Raya Haji (School closed)</td>
<td>Monday 12.09.2016</td>
</tr>
<tr>
<td>Malaysia Day Holiday (School closed)</td>
<td>Friday 16.09.2016</td>
</tr>
<tr>
<td>Awal Muharram (School closed)</td>
<td>Monday 03.10.2016</td>
</tr>
<tr>
<td>SST / TIS End of Term</td>
<td>Thursday 01.12.2016 / Friday 02.12.2016</td>
</tr>
<tr>
<td>Replacement Holiday for New Year’s Day</td>
<td>Monday 02.01.2017</td>
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<tr>
<td>TIS Term 2 INSET</td>
<td>Tuesday 03.01.2017</td>
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<tr>
<td>SST Term 1 / TIS Term 2 starts</td>
<td>Wednesday 04.01.2017</td>
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<tr>
<td>CNY Replacement Holiday</td>
<td>Monday 30.01.2017</td>
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<tr>
<td>Thaipusam Holiday (School Closed)</td>
<td>Friday 10.02.2017</td>
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<tr>
<td>Half Term (School closed)</td>
<td>Monday 13.02.2017 – Friday 17.02.2017</td>
</tr>
<tr>
<td>SST Term 1 / TIS Term 2 restarts</td>
<td>Monday 20.02.2017</td>
</tr>
<tr>
<td>End of Term</td>
<td>Thursday 06.04.2017 at 12:00hrs</td>
</tr>
</tbody>
</table>
Dear Parents,

Do you know we are constantly updating our Website Calendar to provide the first-hand information of the school events? Please [BOOKMARK CALENDAR](#) so you do not miss out any important dates!
Sekolah Sri Tenby

Postponement of Primary Experiential Learning Trips

All Primary Experiential Learning Trips scheduled for Tuesday 22\textsuperscript{nd} and Wednesday 23\textsuperscript{rd} March 2016 are now postponed to a later announced date in April/May. The health & safety reason is due to the extremely hot outdoor condition during this period. Thus, lessons will be as usual on these two dates.

SST's Earth Hour Debate

This debate is held in conjunction with Earth Hour 2016 on Wednesday 23\textsuperscript{rd} March 2016 from 14:40-15:40hrs in EPC. This exciting debate for the first time held is for the motion “Are we doing enough to save planet Earth from diverse conditions?” One Upper Primary Team is debating with the Lower Secondary Team and prior to this debate both teams are guided by their teachers on how to research for information to support their stand as well as to look for concrete evidences to quote.

Parents, teachers and students are invited to attend this debate to see how our young children evaluate the greening effort of our country.

Upcoming School Activities /Events for Term 1

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>School Event/Activity</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Wednesday afternoon from 14:40-15:40hrs</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>
</tr>
<tr>
<td>Saturday 19\textsuperscript{th} 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>
</tr>
<tr>
<td>Monday 21\textsuperscript{st} – Thursday 24\textsuperscript{th} March DEAR Reading time:- Monday 21\textsuperscript{st} March from 08:00-08:30hrs in Homerooms</td>
<td>Book Week 2016</td>
<td>Activities are as follows for the following classes:- Std 1/ Year 1: Elmer's Colouring by the Numbers Std 2 / Year 2: Elmer's Photo Patchwork Std 3 / Year 3: Book Mark Making Std 4 / Year 4: LEGO Story Making Std 5 / Year 5: E Book QR Code</td>
</tr>
</tbody>
</table>
Reminder: Please remember to bring in your own reading materials

<table>
<thead>
<tr>
<th>Poster</th>
<th>Std 6 / Year 6: Book Face Off</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 24th March 08:00-16:00hrs</td>
<td>Tenby Leadership Series</td>
</tr>
<tr>
<td></td>
<td>Workshop for Form 1-3 in school</td>
</tr>
<tr>
<td>Friday 25th March 08:00-16:00hrs</td>
<td>Tenby Leadership Series</td>
</tr>
<tr>
<td></td>
<td>Workshop for Form 4 &amp; 5 in school</td>
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<td></td>
<td>The attire is complete school uniform and PE attire is to be brought along to change before activity times</td>
</tr>
</tbody>
</table>

Training for Class Leaders

This training is to be conducted for the following Primary & Secondary class leaders who are not involved in the Tenby Leadership Workshop to give awareness of their responsibilities as class leaders to lead their classes:
- Class Monitors
- Assistant Monitors
- Curriculum Class Leaders
- Co-curriculum Class Leaders

All these leaders are to be in the Auditorium from 12:15-13:15hrs to follow the training. Parents are reminded to pick up your children at 13:30hrs from the school foyer. Leaders who are not able to attend are to inform their respective Homeroom Teachers latest by Tuesday 22nd March 2016.

SST Open Day 2016

Our first on-site Open Day this year was held on Saturday 12th March 2016 from 10:00 - 14:00hrs. All parents gathered at the Auditorium for a school presentation by Mr Andrew Auster, Principal of Tenby Schools and the School Heads.

After this session, parents were led to a Homeroom for a more detailed explanation about school system and the uniqueness of SST as a Malaysian Private School.

There was also a display of Art Work. Living Skills project work, Mathematics models and a good glimpse of what goes on every day in the classrooms for a number of subjects posted on display boards around the Arena. Science teaching and learning was demonstrated in our Primary Science Lab.

Parents were also given the opportunity to see for themselves how our students raised money for charity during the Charity Bazaar held in the Basketball Courts and the field.

Thanks to a number of prospective parents who had visited the school and have shown interest in the school.
Year 5 Trip to Kuala Selangor

As Head of Primary I had the pleasure of visiting Kuala Selangor with Year 5 to join them on their boat trip of the river estuary, to find tributaries and mud banks. The trip included a boat trip to spot Herons and Eagles and a visit to the local fish market. Year 5 also have created some fantastic creations such as poems, posters and 3D models as part of their IPC Rivers topic.

Year 4 Trip to FRIM Rainforest Reserve

I also joined Year 4 as they jungle trekked through the Rainforest at FRIM. The children showed a great amount of resilience throughout the trek. They were able to answer many questions about the forest. Let’s hope they become excellent Eco-Warriors and help save the Rainforests!
Earth Hour 2016

WWF Earth Hour - Friday 18th March 2016 08:30 – 09:30hrs we turned lights, computers and air-con off. Please support us at home by turning of lights when not in use and turning taps off to save water.

TIS Primary Challenge Maths

Earn 3 Merits for every returned right answer.

Name: ________________________________________________

Class: _________________________

Invisible ink

Max had these five coins.
20p, 10p, 5p, 2p and 1p.

He spent three of them on some invisible ink.

How much was the invisible ink?

There are ten answers, can you find them all?

What if Max has a 50p coin as well? There are now twenty possible answers. Find as many as you can.
YEAR 9 PRINTING WORKSHOP

Last Tuesday and Wednesday on the 8th and 9th of March, the art department organized a three hour silkscreen printing workshop for the students of year 9. I have one word to describe the day - amazing! This workshop was directly related to our current project where we are learning about the Pop Art movement, gaining skills in screen printing and analysing our own popular culture to develop vibrant and bold original artworks.

Two artists from Raksasa Print Studio in Bangsar were invited to Tenby International School to teach us a new technique of silkscreen printing using photo emulsion, a sticky, slimy substance that comes in different colours. Previously we had created stencils to do our prints but the workshop opened my eyes to different ways of screen printing. This technique allowed us to plan and print an image using two colours. The artists brought some inspiring artwork to show us and did an impressive demonstration of the technique.

First we were asked to choose a picture that would be printed on our shirt. We were then to stick it onto the screen with masking tape. We were asked to cover all areas we did not want printed with the emulsion. As my design consisted of many tiny triangles all together forming a geometric heart, it was quite challenging. But at the end we did it and the result was wonderful. Soon it was time to print it on our shirts. This was a really stressful moment for all of us as we had worked really hard and wanted our t-shirts to be good! In the end the print was perfect, if you ignore the little bits of unwanted paints that went through invisible gaps of the emulsion. This just gave the print a more textured and artistic look.

Overall, we created some colourful, multi-layered prints and individual t-shirts!
THE DUKE OF EDINBURGH: SILVER AWARD EXPEDITION

Some people call it an experience, whilst some call it an amazing journey, while others call it a beautiful nightmare. But for me, it was all of the above.

If I had to describe Cameron Highlands in one word: tranquil, with puffs of white balls crawling over the green hills of variant meridians, towering over us puny beings, and the sounds of nature humming softly around you despite the locals going about their daily business. Miles of fern green coated the hillsides, consisting of nothing but rows and rows of tea bushes that stretched on farther than the eye could see.

We left early in the morning on the 27th of February. Leaving the comfort of my bed was hard, especially at 5.30AM where there’s only 5 hours left till 10.30AM. Bracing myself for the three day two nights trip, I go to school prepped and (hopefully) ready. Parents gathered in the foyer, bidding their farewells and quadruple checking to see if their son or daughter brought enough mosquito repellent for the trip, and off we went.

The journey to Cameron’s was tiring and not uncomfortable, but that feeling of exhaustion that takes over when you sit down for 2 and a half hours straight. Stopping by a rest-stop was the only relief that our feet had over the course of the bus ride. Lunch too was bought from the stalls of the rest-stop. However, for some unlucky fellows who didn’t think of bringing money- like myself, had a great time staring at the sumptuous, aromatic curry puffs and the crackling goodness of ‘keropok’, or prawn crackers. But fortunately, there exist kind souls who offer us a free drink on the drive there, bless them.

After what seemed to be forever, we finally made it to the starting line of our quest of our Duke of Edinburgh trip. There we were greeted by our D.O.E guides who will be looking after us during our trek and stay up on the hills. With everything checked and ready, we set off on foot to our first campsite. A 7 kilometre trek uphill took us from the middle of the highlands where the town resided, up to the Boh Tea plantation, where we camped on a football field next to the tea drying factory.

During the trek, we were exposed to an array of farms dedicated to fresh produce of various greens that go to our wet markets and supermarkets, together with damp, cold, mist that enveloped the entire mountain with its wet, soggy embrace. Along the way, we met this dog- that probably belonged to someone, and named him Rex. With a blue, rustic collar and a face full of enthusiasm, he was our trusty companion that accompanied the entire group on their three days two nights adventure.
After reaching the campsite, we pitched up our tents and sat together for a day’s dinner. Consisting of pasta and chicken noodles (maggi), we watched the magnificent red orb descend over the cerulean skyline, huddled together over the warmth of the flame from gas stove.

Night came, and it was freezing. At a cool estimate of 16 degrees celsius, the groups whined in agony as the cold seeped into their aching bones. On top of that, it rained during our slumber, and completely soaked the unlucky shoes of those who left them out to air and dry them, but with the air being so moist I doubt any drying was succeeded.

The next few days came by like a breeze, ending the expedition with an impressive total of 45kM of land covered within the span of three days, and then the bus came and took us all home like it was just a fleeting dream. I miss hiking through Cameron Highlands, but what I will miss most is the vibrancy of the Sixth Form coming together, laughing together, eating together, and just having fun during our stay up in the Highlands.

Thank you to Mr Brandon, the award accessor for our trip, for organising the campsites and everything, and the teachers who accompanied us on our expedition through Cameron Highlands, it was a lot of fun getting to know you all as people and not just as teachers.
Library Activities for March

<table>
<thead>
<tr>
<th>21st Monday</th>
<th>22nd Tuesday</th>
<th>23rd Wednesday</th>
<th>24th Thursday / Half day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop Everything And Read</td>
<td>Storytelling by Teachers – animal story book</td>
<td>Battle of the Books</td>
<td>Dress-Up Day - Book Character Parade</td>
</tr>
<tr>
<td>Steve Swinburne – Visiting Author</td>
<td>Steve Swinburne – Visiting Author</td>
<td>Jian ‘Once Upon a Miao’ – Visiting Author &amp; Illustrator</td>
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<tr>
<td>Book Blind Date</td>
<td>Book Blind Date</td>
<td>Book Blind Date</td>
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<tr>
<td>Book Exchange</td>
<td>Book Exchange</td>
<td>Book Exchange Redeem Day</td>
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<tr>
<td>Guess the Mystery Reader</td>
<td>Guess the Mystery Reader</td>
<td>Guess the Mystery Reader</td>
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<tr>
<td>Book Sale</td>
<td>Book Sale</td>
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Thursday, Dress-up Day

Tenby teachers, staff and students of primary schools are encourage to dress-up as a BOOK CHARACTER on this day. Parents may check with the form/tutor/class teacher if the class is having a theme.

Scholastic Book Collection

The Scholastic Book Collection Day is today **Friday, 18 March 2016**. Scholastic Representatives will take charge of the collection. Orders can be collected at the **Secondary Cafeteria** just below the library from **10:00 hrs to 16:00 hrs**. Parents may collect after school hours. Teachers and students are advised to collect on the said time.
GET YOUR HEAD INTO READING
PRIMARY BATTLE OF THE BOOKS
23rd of MARCH

TRY A BLIND DATE WITH A BOOK!
A great way to try something outside your usual range or reading!

GIVE A BOOK, GET A BOOK.
BOOK EXCHANGE 2016
23 & 24 MARCH 2016 08:00 hrs to 16:00 hrs

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

STEVE SWINBURNE
AUTHOR VISIT

Steve Swinburne was born in London, England. When he was 8, he left England with his family and sailed as the Queen Elizabeth to New York City. Steve holds a bachelor of arts degree in biology and English from Castleton State College, VT. He has worked as ranger in a number of national parks.
Well done to the Eagles Under-15 Boys Basketball. All players represented and played well at IGBIS Basketball Tournament. Our attack movement, shooting and lay-up has improved creating many scoring opportunities. We finished second behind ELC in the pool.

The collective points are:
1) Tenby (26) VS Cempaka (8)
2) Tenby (20) VS ELC (24)
3) LFKL (14) VS Tenby (32)
4) Sunway (18) VS Tenby (45) – Bronze Medal
Message from the Director of Sport

Introduction to nutrition for children in primary school
Maintaining a **balanced diet** and **regular exercise** is important for all individuals, especially **school-aged children** (6-12 years). These children are required to eat a variety of foods from each food group to ensure optimal intake of all vitamins and minerals. At the same time, they may face new challenges regarding **food choices and habits**. Decisions about what to eat are partly determined by what is provided in school, at home, the influences from friends at school, and the media, especially television.
Poor nutrition compromises both the quality of life of school-aged children but also their potential to benefit from education. Attaining optimal nutrition involves eating **three meals a day** and **two nutritious snacks**, as well as limiting the intake of high sugar and high fat foods. Consuming generous amounts of fruits, vegetables, lean meats and low fat dairy products, including three servings of milk, cheese or yoghurt to meet their calcium requirement, can also prevent many medical problems. This includes becoming overweight, developing weak bones, and developing diabetes.

Adequate nutrition of school aged children will also ensure they grow to their full potential, and provide the stepping stones to a healthy life.

Essential nutrients for the school-aged child
School-aged children grow significantly, but at slower rate, whilst being very physically active in general. As a result, their **nutritional needs** are high and critical. Additionally, genetic background, gender, body size and shape are all important determinants of nutrient requirements. A recent review of research on the effects of deficiencies in zinc, iodine, iron and folate on the cognitive development of school-aged children showed that nutrition has an impact on children's ability to think. For example, deficiencies in iron and zinc have been associated with impairment of neuropsychological function, retardation of growth and development, reduced immunity and increased vulnerability to infectious diseases. The essential nutrients for optimal health are:

**Energy**
Carbohydrates and fats provide energy for growth and physical activity. During periods of rapid growth, appetites increase and children tend to eat constantly. When growth slows, appetites diminish and children eat less at meal times. The brain needs energy to function properly and hence the supply of glucose is relevant and critical. Cognitively demanding tasks, such as schoolwork, require regular supplies of glucose to the brain in order to enhance cognitive functioning and improves memory and mood.

Smoothie recipe
Blend together and pour into glasses:

- 1 Banana
- 1 Kiwi fruit
- ½ cup frozen berries
- 1 apple
- 1 cup milk or ¾ cup plain yogurt
- 1 tsp honey
- 2 tbsp flaxseed oil

**TIP**
Use banana as the smoothie base and make variations with other fruits for different flavours!

Enjoy your smoothie!
**Protein**

Protein builds, maintains and repairs body tissue. It is especially important for growth. It’s important that parents encourage children to eat two to three servings of protein daily. Good sources of protein for children include meat, fish, poultry, milk and other dairy.

**Essential fatty acids**

Deficiency of unsaturated fatty acids may have a negative impact school performance. In a randomised controlled trial, six months of treatment with fatty acid supplements among 102 dyslexic school aged children significantly improved reading age on standardised tests of single word reading. *Dyslexia* and *Dyspraxia* are associated with difficulties with spelling, handwriting and written expression.

**Calcium**

Calcium is important in building strong bones and teeth. Bone density suffers when calcium needs are not met during childhood years. Osteoporosis, a weakened bone disease affects a significant proportion of adults. This begins in childhood if diets are not providing adequate calcium-rich foods. Milk and dairy products and from some dark green, leafy vegetables are good sources of calcium.

**Iron**

Children need iron because of rapidly expanding blood volume during growth. Meats, fish, poultry, and enriched breads and cereals are the best sources of dietary iron.

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**Next Fixtures:**

Saturday 19\(^{th}\) March, KLISS Primary Athletic’s Day @ IGB

Wednesday 23\(^{rd}\) March, KLISS Final U15 Girls Basketball @ IGB

Wednesday 23\(^{rd}\) March, KLISS Final U15 Boys Basketball @ Tenby
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.

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