



Issue 2 | March 2023



UUM INTERNATIONAL
SECONDARY SCHOOL MELAKA
(UUMISM)
- The School for Diversity -

UUMISM Newsletter

www.uumism.edu.my



Dear Readers

The newsletter introduces the international school and highlights its commitment to providing a world-class education that prepares students for success in a global context. The school values diversity and offers a range of opportunities for students to engage with other cultures and develop a global perspective.

WHAT WE DO?

- The international school provides a world-class education
- Students come from diverse backgrounds and cultures
- Teachers are highly qualified and passionate about their subjects
- The school values internationalism and offers opportunities for students to engage with other cultures
- The school is committed to helping students achieve their goals in a global context.



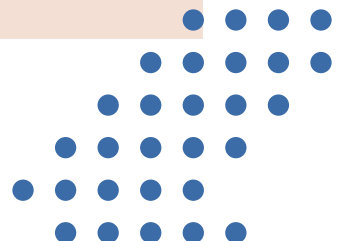
Follow us at



@UUMIS Melaka



@uumism



MIS ANNUAL SPORTS DAY 2023

UUMISM was invited to join Melaka International School, on 18th March 2023 (Saturday), for its 26th Annual Sports Day. The lower secondary students had represented UUMISM to participate in the track field 4 x 100m relay. Our students were trained by Pro Aiman during their PE session, in Dataran Sejarah, Ayer Keroh to be ready for both, mentally and physically.

The sports day started at 8.00 a.m. with the marching parade of all houses (Ruby, Citrine, Emerald, and Sapphire). This was followed by the singing of the national anthem 'Negaraku' and the school song. The sports lasted for about 4 hours and UUMISM managed to get 2nd runner up for the 4 x 100m relay. Being part of the MIS sports day did not only, provide our students with unforgettable memories but also gave them an opportunity to express themselves and unleash their potential.



TIPS FOR STUDENTS TO STAY FOCUSED DURING RAMADAN:

- Set achievable goals for yourself during the month of Ramadan. This will help you stay motivated and focused.
- Drink plenty of water during non-fasting hours to avoid dehydration. Dehydration can affect your focus and concentration.
- Make sure you get enough sleep during Ramadan to maintain your energy levels. Try to adjust your sleep schedule according to your fasting routine.

WORLD DOWN SYNDROME DAY WITH KIWANIS MELAKA



UUMISM students, teachers, and staff celebrated World Down Syndrome Day with the Kiwanis Down Syndrome Foundation Melaka in Peringggit on 21 March 2023.

Several of our Year 7 to Year 10 students became buddies for a day to children with Down syndrome who learn at Kiwanis Melaka. Others helped run a telematch, put up musical and dance performances, and held a fashion show with fun costumes. And our Theatre and Drama Club conducted a captivating storytelling session in which they acted out their version of Little Red Riding Hood.

This was an opportunity for our school to give back to the local community and raise our students' awareness of the rights of people with special needs and different abilities. It was an incredible experience to see the smiles and laughter of kids with Down syndrome as we danced and sang together.

Thank you, Kiwanis Down Syndrome Foundation Melaka, for inviting us to be a part of this special day! Let's continue to embrace diversity and promote inclusion.





UUM INTERNATIONAL
SECONDARY SCHOOL MELAKA
(UUMISM)
- The School for Diversity -

PSHE IT'S A CREATIVE TIME!

PSHE is a no-assessment subject stands for Personal, Social, Health and Economic education. The purpose of this subject is to educate students on society awareness, environmental care, mental, emotional and physical health, personal safety, as well as economics well-being. The knowledge and skills gain through this subject helps the students to manage their daily life.

This month's "it's a creative time" covers the physical health section where the students were asked to make a poster on cardiovascular disease which is one of the main causes of death worldwide. Most of the students did on myocardial infarction / heart attack that associated with a build-up of fatty deposits inside the arteries (atherosclerosis) that severely reduced or blocked flow of blood to the heart.

Prior to poster making, students were taught mainly on prevention of cardiovascular disease that comprises dietary intake, sedentary lifestyle, obesity, tobacco use and alcohol use. This are the main risk factors that should be taken care from young to lead a healthy life.



Follow us at



@UUMIS Melaka



@uumism



BENEFITS OF GOLF AS A CO-CURRICULUM ACTIVITY (CCA)



UUM INTERNATIONAL
SECONDARY SCHOOL MELAKA
(UUMISM)
The School for Tomorrow

Learning to play the game of golf at a young age has many benefits. Firstly, it is an outdoor activity and a good form of exercise. Golf can also be a demanding sport, both physically and mentally as it requires focus and concentration which can help increase the mental and problem solving skills of young students. Whilst it is a great social sport where meeting new friends can reduce stress, it can also be very challenging to the player. It also helps character building as it demands honesty and patience.



However, parents should continue allowing their children to be involved in as many enjoyable and fun sporting activities. It is important for the children to have good physical fundamentals. There is no specific age as to when the children should start playing golf. If they show interest in golf, they should firstly enroll in the school CCA and participate in golf skills development under the coach specifically trained in junior golf coaching. It is important to get the right technique during the early stage.



Follow us at



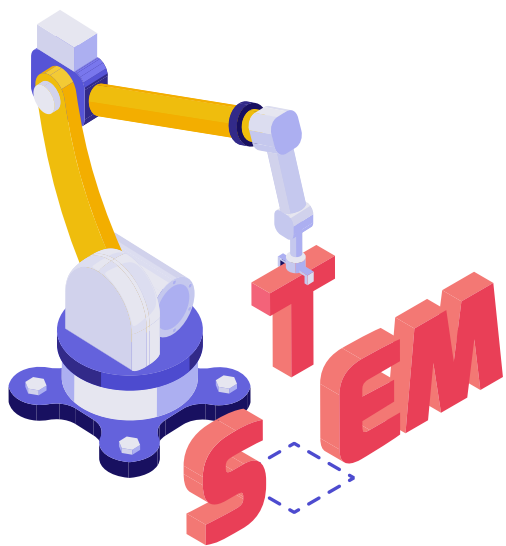
@UUMIS Melaka



@uumism



In this early stage they should not over indulge in competitions as these could lead to burn-out and injuries. Some parents may be keen to get their young ones into serious competitions too early in their development. This could cause unnecessary pressure on the child that could lead to early retirement as we have seen many cases in the past. As concurred by Tiger Woods "It's the child's desire to play that matters, not the parent's desire to have the child play."



Golf also helps students in their learning process. STEM which stands for science, technology, engineering and mathematics is part of life around us and has a lot to do with golf. We need STEM to play golf and we can learn STEM through golf. Hence, it is important for students to be familiar with STEM as STEM can improve their ability to plan their golf game and make them better performers.

For example, science can help the player to determine the forces and aerodynamics occurring during the hitting of the ball and the flight through the air. They will learn the functions of golf clubs, the relationship between club loft angle and the distance that the ball travels when struck. Ultimately, students will learn about different sciences and technologies used in the game of golf.

