

UUMISM SPOTLIGHT



The Newsletter Update

**AUGUST
2023**

ISSUE 07

**GRADUATION
& AWARDS NIGHT**

Year 11 2022/2023

**EMOTION REGULATION
WORKSHOP**

Address mental health concerns

**MALAYSIA
INDEPENDENCE DAY 2023**

Merdeka Day



GRADUATION & AWARDS NIGHT

Congratulations!



"Congratulations, graduates!

Your journey has led you to this moment of achievement.

Embrace the future with open hearts and curious minds.

*You've made us proud, and we can't wait to see your
brilliance light up the world.*

Best wishes!"

List of graduates :

- Vecon Lo She En
- Anis Sofea Hamlussalam
- Eric Chew Jin Xin
- Pang Ler
- Brendan Tai Wei Zhe
- Jaqueline Chua Jia Wen
- Joseph Leong Wai Lam
- Yeo Chu Ning
- Benedict Tan Wei Ern
- Hannan Leechalard
- Jananee Rajandran
- Sara Wongpanich
- Sharvhanya Kumarasan Goundar

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Graduation Night

The 2nd Prom night of UUMISM took place at the Swiss Garden Hotel on July 28, 2023. This occasion was not solely dedicated to commemorating the year's graduates, but also to honor the overall academic and golfing accomplishments of our students.

Numerous accolades were bestowed that evening, encompassing distinctions like the best checkpoint, most exceptional performance in various subjects, and remarkable achievements in golf across multiple categories, locally and internationally. Beyond its awarding aspect, the event served as a platform to showcase the students' adeptness in theater and drama, and other performances which is a triumph in itself.

By affording students this platform, their self-assurance and character development were nurtured, vital not only for academic progress but also for social growth. This event also fostered unity and understanding among students, teachers, staff, parents, and management, offering an opportunity for all to connect on a deeper level.





EMOTION REGULATION WORKSHOP

A group of 10 master's trainees of Health and Psychology from the University of Cyberjaya (UoC) recently organized an Emotion Regulation Workshop to address mental health concerns. This workshop focused on understanding and managing depression and anxiety. It was held on July 25, 2023, for five hours and had 30 participants from UUMISM. The workshop was designed to provide practical tools and knowledge for effectively handling emotions.



The workshop was divided into informative slides, interactive activities, and group discussions. These elements aimed to help participants grasp the causes, symptoms, and impact of depression and anxiety. Participants also learned strategies to manage their emotions and improve their mental resilience. Participants were split into five groups of eight students each. These smaller groups engaged in focused discussions and activities, fostering the exchange of ideas and creating a safe space for sharing thoughts and feelings.



Did You Know?

"Did you know that IGCSE, the International General Certificate of Secondary Education, is globally recognized and respected by universities and employers? It's a valuable qualification that opens doors to countless opportunities for students worldwide."



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To assess the workshop's impact, participants took a pre-screening assessment before it started. This helped establish their emotional well-being baseline. After the workshop, participants underwent a post-screening assessment to measure any changes. This data-driven approach will provide insights into the workshop's effectiveness for future programs.



This Emotion Regulation Workshop reflects UoC's commitment to supporting mental health and empowering individuals to handle life's challenges with resilience.





MALAYSIA INDEPENDENCE DAY 2023

On August 31st, 2023, Malaysia proudly celebrates its 66th Independence Day, also known as “Hari Merdeka”. This significant day commemorates the nation's liberation from British colonial rule in 1957, marking the beginning of a new chapter in Malaysia's history.

This historic event marked the culmination of years of struggle, unity, and determination among Malaysia's diverse ethnic groups. The journey towards independence was a collaborative effort, with leaders from various communities working together to achieve a common goal.

This year, “Malaysia Madani: Tekad Perpaduan Penuhi Harapan” has been chosen as the theme of the National Day and Malaysia Day 2023 celebration. The theme celebrates the rich cultural diversity of Malaysia and emphasizes the importance of fostering unity and collaboration among its various ethnic and social groups.

In conclusion, Malaysia Independence Day is more than a mere holiday; it is a powerful reminder of the shared values, cultures, and dreams that unite the Malaysian people as they continue to shape their destiny and embrace the challenges and opportunities of the modern world.



SCHOOL VISIT FROM UNIVERSITY UTARA MALAYSIA INTERNATIONAL SCHOOL, SINTOK KEDAH



Grateful for yesterday's visit from the UUMISM Board of Governors all the way from Sintok, Kedah! 🌟

We had a productive meeting discussing ways to elevate UUM International Secondary School Melaka. Big thanks for coming, and we're looking forward to your next visit.

Your presence means a lot to us! 🧑‍🏫❤️

**A BIG ROUND OF APPLAUSE
TO KIM BEOMGYU FOR
CLINCHING THE TITLE OF
UUMISM CHIEF MINISTER'S
CUP INTERNATIONAL
JUNIOR MATCH PLAY 2023
CHAMPION!**

