

RAS MAGAZINE

A group of young children, likely of Korean descent, are dressed in traditional Hanbok. They are holding large, colorful fans with red and blue feathers. The children are standing in a line, looking towards the camera. The background is a bright, indoor setting with orange and blue elements.

The
benefits
of playing
multiple
sports

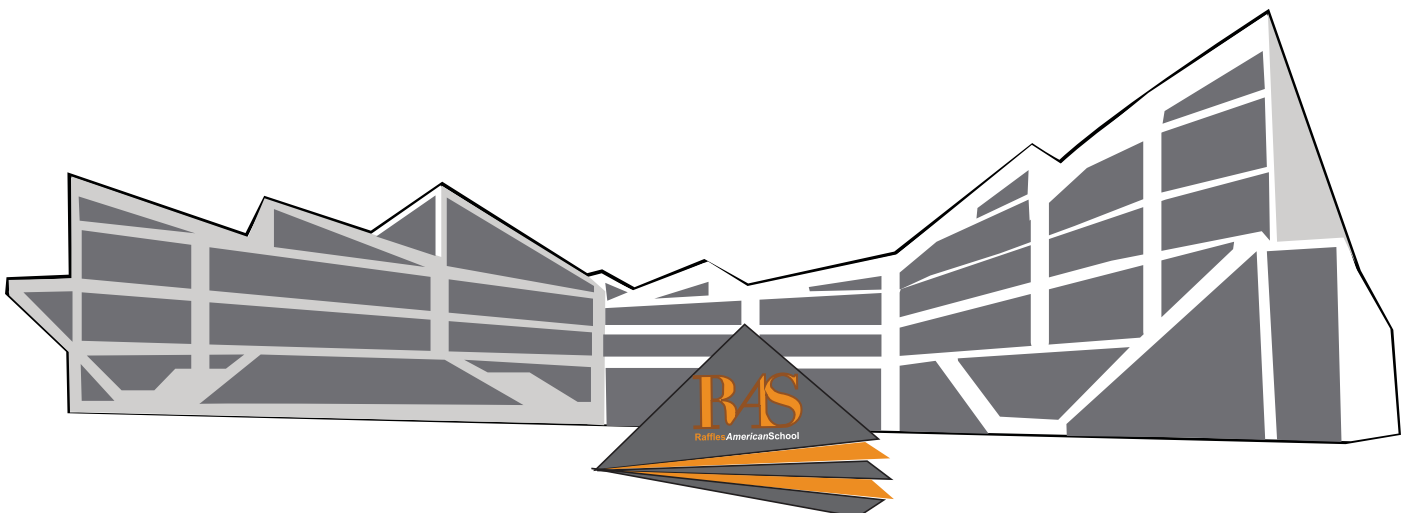
Say
hello
to the
Grade 5
Leaders

9 tips to
help with
homework

2019 SEPTEMBER ISSUE

IMPORTANT DATES

October 1 st	U9 & U11 Football Games @RAS & @SIS
October 2 nd	Football Festival @MCM from 1pm
October 4 th	RPFE Movie Night @RAS Outdoor Cinema
October 4 th & 5 th	RAS (JV) Football Invitational @RAS
October 7 th	Swim Meet @MCM
October 10 th	U13 Boys Football @RAS
October 11 th	Last Day Term1/Quarter 1
October 12 th - 20 th	Fall Break-School Holidays
October 21 st	First Day Term 2/Quarter 2
October 26 th	Halloween Dance @RAS Boarding
October 28 th	Elementary Literacy Week
October 30 th -November 1 st	Book Fair
October 31 st	Book-o-ween
October 31 st	Parent/Teacher Conferences-3:30-8:00PM
November 1 st	Parent/Teacher Conferences-School Holiday 8:30AM-12:30PM
November 11 th	Swim Meet @RAS
November 29 th	American Thanksgiving-School Holiday



CONTENTS

4	FROM THE DESK OF THE SUPERINTENDENT
6	KNOWLEDGE NOOK A WORD FROM OUR PRINCIPALS
10	JUNIOR BOARDING
11	SENIOR BOARDING
12	SPORTS
14	SUPPORT SERVICES
15	SECONDARY SPOTLIGHT
16	ELEMENTARY SPOTLIGHT
18	TEACHER SPOTLIGHT
20	RAFFLES PARENTS FOR EDUCATION
21	BOOK FAIR
22	GOING GREEN
24	LIFE@RAS
26	MENU





FROM THE DESK OF THE SUPERINTENDENT

It's hard to believe that we have already been in school for one and a half months. It really is true that time flies when you're having fun! Walking around campus, it's great to see and feel the buzz of activity, whether during the school day or during sports and CCA's.

At RAS our General Learning Outcomes (GLOs) are always a focus. Academics are extremely important, but the GLO's help bridge the academic world to the real world and are the skills that will be necessary to be successful in the 21st century. This month I will be focusing on Character and Interpersonal Skills through the lens of respect. I appreciate how respectful our students are when I walk around campus. They almost always say 'good morning' or 'hello'. In the cafeteria, I watch them take their own plates to the dishwashing area and push in their chairs without being asked. One particular elementary student always comments on how nice my ties are (even though they probably aren't). These are expected behaviours, but are becoming rarer in both young people and adults alike. It may seem to be a meaningless motion,



but scientists are linking respectful gestures to better personal well-being. It is said that something as simple as a smile is contagious. In addition to how a smile affects others, there are now many articles written about the science of smiles and the benefits it has on the person smiling. The University of Missouri - Kansas City derived a list that I would like to share with you:

Smiling can make you look younger.
Smiling can make you look thinner.
Smiling elevates your mood and creates a sense of well-being.
Smiling induces more pleasure in the brain than chocolate.
Even a forced smile can lead to a mood boost.
Smiling makes you seem courteous, likable, and competent.

It was not included in this list, but a smile is also multilingual, as we see every day at school.

As parents, whether we realize it or not, our actions are constantly observed by our children and that is why it is important to be purposeful of our behaviours: Wave to the security guard in the morning, say thank you after getting your vegetables weighed at the grocery store or when being handed your meal at a restaurant, smile at the gas attendant. These simple gestures help our children develop strong character and interpersonal skills and respect for all those around them.



LYLE MOLTZAN





KNOWLEDGE NOOK: A WORD FROM OUR PRINCIPALS

RAS Kids Read Every Day

Literacy is at the center of all we do in the Elementary School. Core to developing our skills as dynamic readers, creative writers, effective listeners and confident speakers, is practicing these skills each day. Every day, our students have been listening to stories, reading new books from our school library, learning about different text features and challenging themselves to improve their skills.

Parents, as you are your children's first educators, you have a huge role to play here in reading with your children at home. Reading to your children in your Mother Tongue is vital to their language and cultural development. Reading every day also has a significant impact on their academic success. How are you promoting reading in your family?

How can we work together to make this happen? The answer is quite simple - "Raffles American School kids read every day! Raffles American School kids read every day! Raffles American School kids read every day!"

ANITA MCCALLUM





Children Learn What They Live

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with fear, they learn to be apprehensive.
If children live with ridicule, they learn to feel shy.
If children live with encouragement, they learn confidence.
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to love.
If children live with sharing, they learn generosity.
If children live with honesty, they learn truthfulness.
If children live with kindness and consideration, they learn respect.

These lines are taken from a poem written by Dr. Dorothy Law Nolte about 65 years ago. As parents, it is a good thing from time to time to step back and breathe in some good advice, so I wanted to point out a few things from the poem. You will notice that this poem is all about cause and effect. I like to think of it as describing logical consequences. If a child decided to touch something hot, the logical consequence is to feel pain or get burned. It's logical and it's inevitable. We all understand this. The author is consistent in her choice of words. Negative begets negative. Positive begets positive. These simple lessons in life actually translate directly to the task of raising a child. Re-read the poem and let the truth of the words sink in.

TYLER BISHOP



Over the past few months I have been sharing information with you about the new Raffles American School Bilingual Program and the research that has been done regarding the benefits of bilingual education. It is very clear that the role of education is changing and that our perceptions of what a proper education looks like is in transition. The way in which we teach and what we teach in schools is evolving and with it comes fundamental changes in the resources that we bring to the classroom. Technology and the World Wide Web fundamentally changed schooling and as educators and parents it is imperative that we become aware of these changes so that we can better meet the needs of our students and children. With this in mind, I would like to share with you some of the programs that we are using in RAS Bilingual.

As a bilingual program it is imperative that our students develop a strong foundation in both English and Chinese so that they can continue to develop their skills. A strong foundation is necessary to support the continued complexity of increasing grade levels. To this purpose we have implemented the “EDGE” English Language series, which has been developed by National Geographic Learning. Through this strategically designed program students whose first language is other than English, are exposed to American English which will prepare them for college and career success. The program teaches with relevant and motivating content and uses systematic and focused teaching materials. Through the EDGE program students are exposed to “Information Text” as well as grade level literature that integrates reading and writing skill development. Through the various levels, students are introduced to

grade-level vocabulary and are evaluated on a standardized assessment designed and developed by National Geographic Learning.

As I have mentioned, it is essential that we build a strong foundation so that our students have the scaffolding necessary for continued development. As such, our Raffles American School Bilingual program has implemented “Lexia”. Lexia is a literacy program designed, and supported, by the Rosetta Stone Company. Through Lexia we use the “Power Up” program to build a deeper understanding of the English language. This program provides a personalized literacy learning experience for students and addresses their grade-level skills so that they can become proficient readers. The program is designed to target our students’ specific learning needs and support them in developing word recognition, language comprehension and, ultimately, reading comprehension.

As you can see, there are many new tools that are available to schools and educators, and these are just two of the programs that we have implemented in our Raffles American School Bilingual program. We will continue to seek out programs that will assist us in accessing your child’s full potential and make every child understand that they are worthy, capable and, above all, special.

In the words of Nelson Mandela *“Education is the most powerful weapon which you can use to change the world.”*

GREGORY VAN GOIDTSNOVEN



In **Grade 10 Bilingual Biology**, students will be studying life and the processes that affect it. Before delving into the fundamentals of life, we must realize that all living beings get their start in Chemistry. In the student’s first unit, The Chemistry of Life, bilingual students were exposed to the real building blocks of life: not cells, but atoms and molecules. In one activity, the students build models of simple molecules to see how arranging different atoms can create a multitude of molecules. A few of these larger molecules (called macromolecules) are essential to life.



JUNIOR BOARDING

September has been a fun and exciting time for our junior boarders. The highlight was a fun-filled excursion to Legoland on Saturday, September 7th. The day began with a stroll through SEA LIFE before hitting up the slides and pools at the Waterpark. A great day of fun, excitement and laughter was had by all.

This month our junior boarders spent an hour or so of their Friday afternoons whipping up delicious treats in the kitchen. Some of the items on the menu this September were chocolate muffins, wontons, Nutella crepes, homemade chocolate and Japanese curry udon. It was so delicious and we can't wait to do it again.

On Monday, September 9th we welcomed the senior boarders into our junior common room for a fun morning of painting. With one hand painted red and the other hand painted blue, each student had a chance to stamp their handprints onto a big homemade Malaysian flag in honor of Agong's birthday. That Friday, in celebration of the Mid Autumn Festival, junior boarders spent the afternoon sharing mooncakes and other delectable snacks while playing games and listening to music. It has been a happy and enjoyable month exploring different tastes from around the world and spending time with friends in junior boarding.

JAMEE SAMPSON



SENIOR BOARDING

After a long holiday, it always takes a bit of time to get back into the routine of boarding life and meet the demands of school with courage and creativity. This year was no exception. With the support of our staff, our boarders, both new and existing, have settled in well and adjusted to a routine that requires discipline and teamwork.

Several public holidays through this last month has meant more valuable time with our boarding students. As such, we have been able to pack in additional events to keep the students both engaged and active. Aside from our routine trips to the mall, students have been able to support our RAS Friday night football team, participate in rock climbing courses, watch movies in our Planetarium and enjoy trips to the Puteri Harbour Food Festival.

Academics are at the forefront of success in the boarding program. In order for our students to achieve their goals, our dedicated mentors meet their tutor groups each week to discuss their academic progress, time management skills and good study habits.

We look forward to watching our boarders grow from strength to strength through this academic year and beyond.

Live. **Learn.** *Play.*

NATALIE CHOYCE AND ROBERT DE WET



SPORTS

Dear RAPTORS Fans,

The RAS Season Sports has kicked off! Our Football Season is in full swing and our swimmers and badminton players are busy preparing themselves for their upcoming competitions.

RAPTORS Football Teams

Our Raptors teams have kicked off the season in a great way. Our U16 Boys and Girls Teams have each played two JSAC league games respectively, resulting in one win and one loss for both teams. Our U13, U11, and U9 Football Teams don't play in an official league, as their focus is on the player's and team's development. This is obviously majorly important for our U16 teams as well, but recording and keeping track of their scores takes it to the next level. Unfortunately we have had to cancel some games over the past weeks due to the haze, but hopefully, we will be able to make up for the missed games in the coming weeks.

RAS JV Football Invitational - October 4 & 5

The biggest upcoming event on the RAS Athletics/Football calendar is the RAS Junior Varsity (JV) Football Invitational. U16 Boys and Girls teams from the International School of Kuala Lumpur, Singapore American School, Dalat International School (Penang), Marlborough College, and Sunway are traveling to RAS to compete in this tournament. We would love to see as many RAPTORS fans come and support our teams as possible!



In Other Sports News

Our badminton players and swimmers have been working hard to get ready for their first competitions. Our Aqua RAPTORS will have their first swim meet on Monday, October 7, and we are working with other schools in JB to schedule our first badminton games at the start of October. More swimming and badminton news in next month's magazine.

Multiple Sport Athletes

As professional athletes become more idolized, there often is a push for children to focus on one sport in order to greater refine the necessary skills of that sport and give them an advantage over other athletes. Research has shown that this is a false premise. Here is a link to an excellent article that discusses the benefits of kids playing multiple sports, and is part of the reason why we have different athletic seasons at RAS and expose our students to as many different sports as possible.

https://sportdev.org/USAB/Blog/Benefits_Playing_Multiple_Sports.aspx

LENNART VAN VLERKEN



GO RAPTORS!



SUPPORT SERVICES

Although none of our programs are homework-centered, it is still important that students practice the skills developed in the classroom at home. Here are two interesting articles that may be of help when supporting your child to get their homework completed.

Strategies to Make Homework Go More Smoothly

Key points are:

- Setting a regular time and place for homework to be completed.
- Set a homework schedule.
- Understanding your child's needs when it comes to completing homework.
- Do they require breaks?
- Give them choices
- Discuss behaviors that get in the way of them completing their homework and come up with solutions
- Using a timer as a visual guide
- Having an incentive system to help motivate your child
- Having a homework contract

If you would like to read the full article, please find the link here:

<https://childmind.org/article/strategies-to-make-homework-go-more-smoothly/>

Finding the Balance with After-School Activities

Children have busy lives and after-school activities form part of this business.

This article examines the pros and cons of after-school activities and ways to find a balance for you and your child.

<https://childmind.org/article/finding-the-balance-with-after-school-activities/>



SECONDARY SPOTLIGHT

Grade 10 Human Geography - World Population

Over the last week or so, my Grade 10 Human Geography class has been learning about the introduction to population density with a focus on population maps and the understanding thereof. The aim of the lesson was for the students to be able to draw their own maps portraying the different population patterns found throughout the world and make connections with the information. The students were engaged in the activity and ultimately produced their own interpretation of population distribution showing what they had learned, creating a map, and presenting their findings to the class.

As a teacher I was extremely proud to see the work put in by my students, showing off their creative side as well as what they had learned. I really look forward to what the rest of the year has in store for us!

LLEWELYN FRIEDRICHS





ELEMENTARY CLASSROOM SPOTLIGHT

This month in Pre K-3, the students learned about themselves in our All About Me unit. They loved learning about their emotions, school routines, and five senses.

Students have enjoyed describing their feelings and identifying each other's emotions. We have been building their social language and sentence structure through modeled interactions and greetings. We will continue to work on this in the classroom and throughout our school days.

Our students have also been exploring the world through their five senses and learned about how we see, hear, taste, touch, and smell. One of their favorite things to do is to play with sounds and sing familiar songs with new, interesting sounds and voices. Soon we will begin our focus on "Our Bodies" where the students will learn through songs, dances, and other movements.

The Pre K-3 students really enjoy school and love to learn new things!

MEAGHAN ROSHETAR



ELEMENTARY CLASSROOM SPOTLIGHT

Introducing our Grade 5 Leaders

A new initiative in our Elementary School this year is our Grade 5 Leadership Program.

A big congratulations to Arvin, Tasmia, Lydia, Vincent and Steven who have been voted to be our Elementary Leaders this year.

These children delivered speeches to their peers in Grades 4 and 5 outlining why they will be good leaders in our Elementary School.

Key responsibilities of an Elementary Leader are:

- Being a role model for other students
- Running elementary monthly meet ups
- Identifying ways we can make our school better for all students
- Communicate with other students across the school about ideas for different things we can do to build our school community
- Help others in the wider community too

Students in Grades 4 and 5 have already given our Grade 5 leaders some ideas of initiatives they would like to see happen here at school and ways they can take action to help others.

Well done on being voted into this position of responsibility, we can't wait to see the great things you do this year!

LISA BORCHART AND ANN MCCORMICK



TEACHER SPOTLIGHT

FIDEL GARCIA

What do you teach at RAS? Where did you teach previously?

I am currently teaching 10th Grade ELL and 10th Grade Physical Education. Prior to this teaching assignment, I taught for 23 years in the East Bay of the San Francisco Bay Area of California, USA. I taught several different subjects which included PE, History, Economics, Spanish and even Driver's Education.

Can you tell us a little about yourself?

This is my 24th year of teaching. I am married to Heather Olson-Garcia, also a teacher at RAS. We have 2 adult children, Roman, age 25, and Rylee age 22. I was born and raised in the San Francisco Bay area of California, United States. This is the first time I have lived outside of the United States and I am loving it.





What is the most adventurous holiday you've ever taken?

My wife and I enjoy traveling and we can't wait to experience even more in the future. A few years ago we took a group of 40 students and parents on a tour of Costa Rica. While we were there, we zip-lined through the rain forest, hiked up volcanoes, went white-water rafting and more. It was an amazing experience for all of us! I've included a couple of pictures of this trip.

What is one accomplishment you are most proud of?

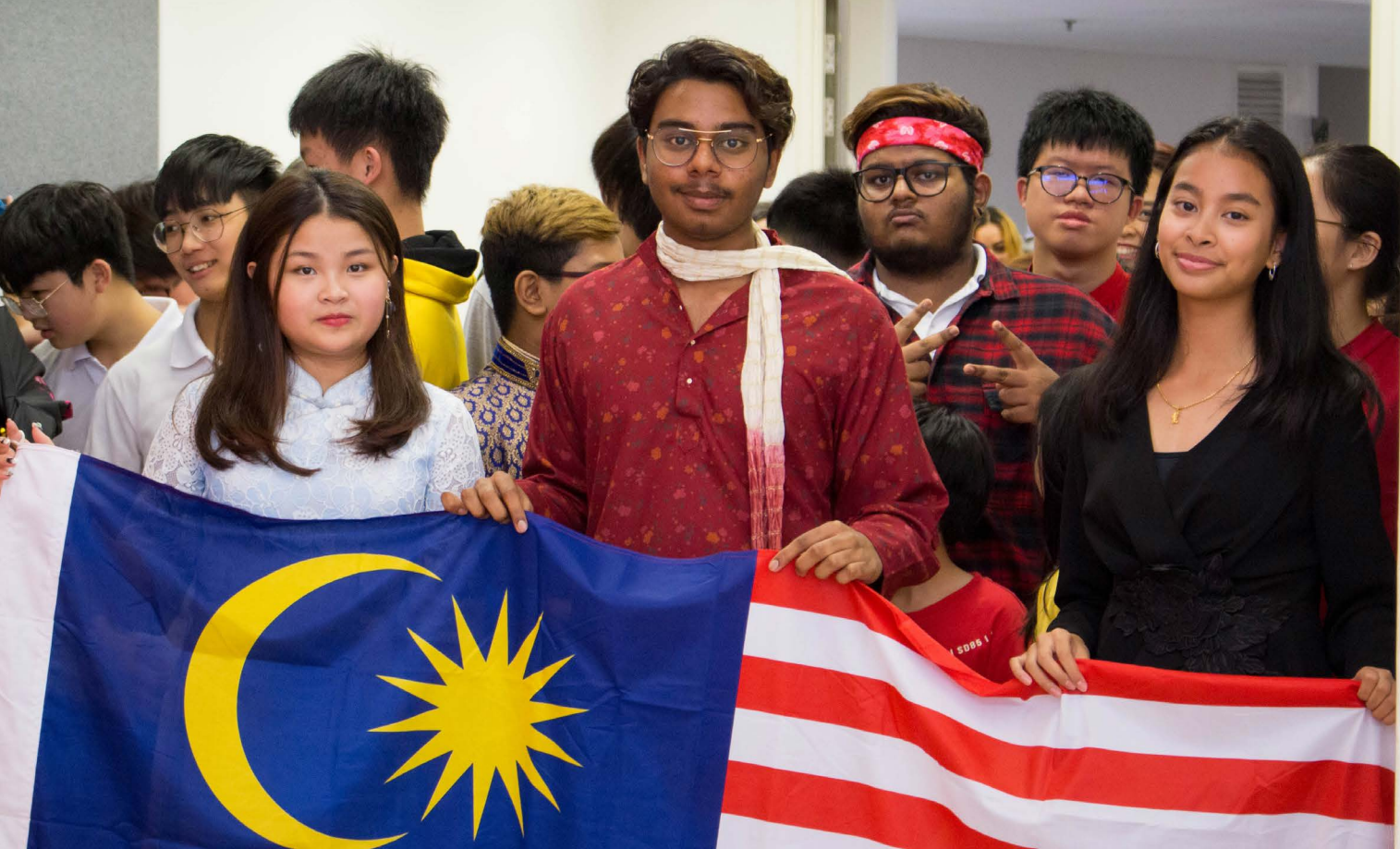
One of the accomplishments I am most proud of is being a teacher. I am so fortunate to have worked with so many young men and women over the past 20 plus years. I feel like I have made a positive impact on many students' lives. Many of my students have had a great impact on my life too!

Who is someone you greatly admire and why?

The people that I admire most are my parents. Both of my parents immigrated from Mexico to the United States in their early 20's. Both of my parents only had an elementary education, yet, they both learned how to read and write in both Spanish and English. They also were able to provide for my 4 sisters and I. They encouraged us to work hard and stay focused. They led by example and this led me to be the first one in my family to graduate and earn a degree from a university.

What is your favorite thing about being a teacher at RAS?

The thing that I enjoy most about teaching at RAS is our amazing students! I am having the best time in my teaching career working with so many students from so many international backgrounds. I feel very fortunate to be here at RAS.



RAFFLES PARENTS FOR EDUCATION

Friday the 20th of September was an incredible day of celebration. Our International Day represents both our ethnic and cultural diversity, but also a united community that we can all be proud of. The 26 nationalities that represent our student body created a tapestry of complex, vibrant and yet harmonious diversity that perfectly symbolised this event.

The day began with a parade of flags by our students and faculty, colorful traditional clothing set the scene by inspiring a mood of boisterous happiness and excitement. The parade was then followed by a short welcome address from Mr Lyle, a performance by our RAS Jazz Band, as well as our guest performers Mr Garcia, Mr Garcia and Mr Garcia (affectionately known as the 3 Amigos!).

During the rest of the festivities, we were also spoilt with a number of cultural stage performances and activities from China, Korea, Australia, Japan and Germany. A huge selection of mouthwatering food was also available for all to eat and savor. Some of the foods available included Chilli from North America, Lamingtons from Australia, Korean cupbab, boerewors from Africa, nasi lemak from Malaysia, dumplings from China, dates from Saudi Arabia, and tortilla de patatas & parlamentario from Spain.

Early planning for this event began over 5 weeks ago, but the true success of this event is a result of the combined efforts of a large number of contributors. These contributors included our students, parents, faculty, as well as the 88 Raffles Parents For Education members, maintenance staff and administration staff and I would like to thank them all for their combined efforts.

Special thanks to our RPFE Group Coordinators, plus all the parents that prepared meals and decorations, as well as those that organized the cultural performances. Lastly, the RPFE would like to welcome all students, parents and faculty to participate in our “Under The Stars” movie night on 4th October. The movie is the family comedy, “Eddie the Eagle”. The movie will run in collaboration with our RAS JV Football Invitational. We encourage all families to come and support our football team at RAS, then come and enjoy an outdoor movie with food trucks in attendance.





BOOK FAIR 2019

RAS
Raffles American School

When: October 30th/31st, 8am to 5pm
November 1st, 10am to 3pm

Where: The RAS Art Gallery

OE Books

Going Green @

Raffles *American School*

As a commitment to a greener future, the parent lounge will be charging 1RM per take-away cup. Please be sure to bring your reusable cup from home to help us battle unnessesary waste!

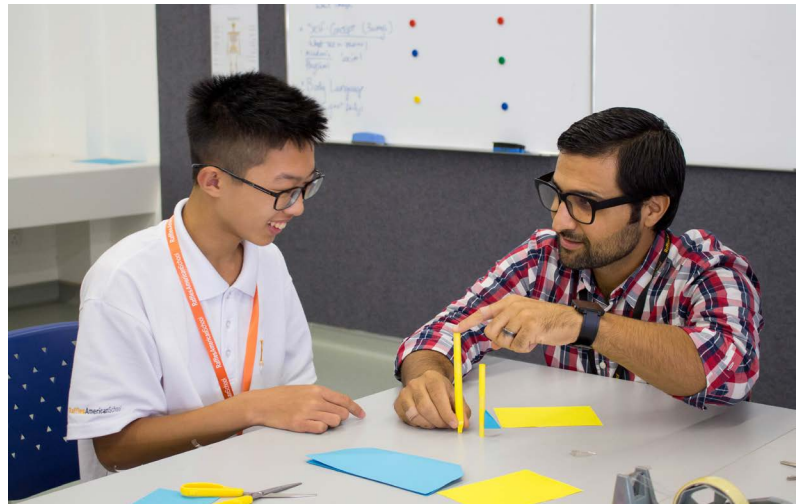


Author Visit



Grade 4's Field Trip to Bangunan Sultan Ismail

Grade 8 EIP made paper rockets





U16 Football Game
VS Cahaya Surya
Bakti

Jazz Band Practice



Suprise Performance



MONDAY

BREAKFAST

Hash Brown
Milk
Cut Fruits

LUNCH

Steamed Rice
Salted Egg Chicken
Saute Vegetables
Fruit Juice

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you

Pre-School
Kids Menu
October 2019 -
Week 1

TUESDAY

BREAKFAST

Cinnamon Bun
Milk
Cut Fruits

LUNCH

Steamed Rice
Braised Chicken with
Vegetables
Fruit Juice

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you



WEDNESDAY

BREAKFAST

Butter Cake
Milk
Cut Fruits

LUNCH

Steamed Rice
Sesame Oil Chicken
Saute Vegetables
Fruit Juice

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you



THURSDAY

BREAKFAST

Sausage Roll
Milk
Cut Fruits

LUNCH

Steamed Rice
Fish Soup
Saute Vgetables
Fruit Juice

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you

Pre-School
Kids Menu
October 2019 -
Week 1

FRIDAY

BREAKFAST

French Toast
Milk
Cut Fruits

LUNCH

Baked Pasta with Sausage
& Vegetables
Fruit Juice



MONDAY

STARCH

Roasted Potato
Or
Steamed Rice

ASIAN

Salted Egg Chicken

WESTERN

Mexican Baked Fish

DAILY

Beef Lasagna
Saute Vegetables

VEGETARIAN

Roasted Onion Egg Curry
with Naan Bread
Green Garden Salad

FRUITS

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you

LUNCH MENU October 2019 - Week 1

SET MEAL:

SET1: Rice, Meat / Fish & Vege

SET2: Pasta

SET3: Rice, Protein & Vege
(Vegetarian)

TUESDAY

STARCH

Roasted Pumpkin
Or
Steamed Rice

ASIAN

Braised Chicken
with Snowpeas

WESTERN

Thai Style Grilled Beef

DAILY

Penne in Creamy Tomato Sauce
Saute Vegetables

VEGETARIAN

Eggplant Parmesan
Green Garden Salad

FRUITS

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you



WEDNESDAY

STARCH

Roasted Sweet Potato
Or
Steamed Rice

ASIAN

Sesame Oil Chicken

WESTERN

Beef Stroganoff

DAILY

Spaghetti Bolognese
Saute Vegetables

VEGETARIAN

Leek & Bean Soup
Green Garden Salad

FRUITS

EAT @ RAS CAFETERIA



THURSDAY

STARCH

Grilled Corn
Or
Steamed Rice

ASIAN

Fish in Coconut Gravy

WESTERN

Beef Paprikash

DAILY

Cheesy Tuna Pasta
Saute Vegetables

VEGETARIAN

Yam Bolognese
Green Garden Salad

FRUITS

EAT @ RAS CAFETERIA

Healthy meals for
a healthier you

LUNCH MENU

October 2019

- Week 1

SET MEAL :

SET 1 : Rice, Meat / Fish &
Vege

SET 2 : Pasta

SET 3 : Rice, Protein & Vege
(Vegetarian)

FRIDAY

STARCH

Roasted Herb Potato
Or
Steamed Rice

ASIAN

Chinese Black Bean Beef

WESTERN

Roasted Chicken with Lemon
Sauce

DAILY

Baked Pasta with Sausage
& Vegetables
Saute Vegetables

VEGETARIAN

Falafel in Spicy Tomato Sauce
Green Garden Salad

FRUITS



