

NOTICE BOARD

Young Leaders Camp 2025 (7-9 April 2025): Outward Bound Malaysia, Lumut

A camp briefing will be conducted after the mid-year exams.

Y6 & Y9 Cambridge Checkpoint Examinations (15-17 April 2025)

Parents are advised to refer to the Checkpoint letter for the detailed exam timetable and further information. We wish all our students the very best in their exams!



REMOVE THE DISTRACTIONS!

Over the past two weeks, we have discussed how we can support our children in their learning at home. We explored ways to encourage good study habits, provide emotional support, and create a conducive learning environment. This week, we turn our attention to something just as important—identifying and removing distractions that may hinder a child's ability to focus and thrive academically.

Distractions come in many forms, some more obvious than others. The ever-present lure of digital devices, background noise, interruptions during study time, or even an unorganised workspace can all contribute to a child's struggle to concentrate. Sometimes, the distraction isn't physical—it could be emotional stress, overstimulation, or a lack of clear boundaries between leisure and learning.

THE POMODORO TECHNIQUE



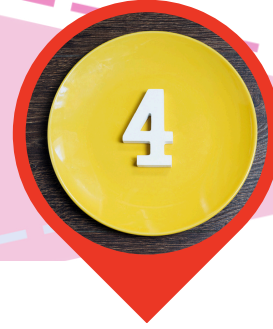
Select a single task to focus on



Set a timer and work continuously for 25 minutes



Take a productive 5 minute break



Repeat for 4 rounds



Take a longer break for 30 minutes and repeat

As parents and educators, we must work together to minimise these disruptions. We can start by setting firm yet reasonable boundaries for screen time, ensuring that social media and gaming do not interfere with study periods. A dedicated, quiet study space at home, free from unnecessary clutter and noise, can also make a significant difference. More importantly, we should take the time to understand what personally distracts each child—some may need absolute silence, while others focus better with soft background music.

At the same time, we must recognise that a child's ability to focus is not limitless. Breaks are not distractions—they are essential for maintaining productivity and preventing burnout. However, the key is balance. Students should be encouraged to put in a good shift of focused work before taking a well-earned break. The Pomodoro Technique, which involves 25–50 minutes of concentrated work followed by a short break, can be an effective method for many. Instead of letting distractions take over, we can guide our children to use their breaks wisely—whether it's stretching, stepping outside for fresh air, or engaging in a brief creative activity to reset their minds.

This balance becomes even more critical for students preparing for major examinations such as the IGCSE and Checkpoint assessments. As the pressure mounts, it is tempting to either overwork or procrastinate. A structured routine that includes both focused study sessions and meaningful breaks can help students retain information better and reduce stress. Encouraging them to prioritise their studies while also allowing time to recharge ensures that they remain both disciplined and mentally refreshed.

• Book + ★ Review. +



Our Year 4 students are currently reading ***All Four Quarters of the Moon*** by **Shirley Marr**, a deeply moving novel that teaches valuable lessons about resilience, empathy, and cultural identity.

The story follows Peijing, a young girl who moves from China to Australia with her family. As she navigates an unfamiliar world, she must balance holding onto her heritage while adapting to new surroundings. Through Peijing's journey, the book explores the emotional challenges of change, the importance of family support, and the power of storytelling in preserving traditions. Marr's heartfelt writing beautifully conveys how children can embrace both their roots and new experiences without losing their sense of self.

This novel is particularly important for young readers as it encourages them to develop empathy for others, appreciate diverse cultures, and understand the significance of kindness, courage, and perseverance. It also reassures children who may have experienced change in their own lives—whether through moving to a new place, starting at a new school, or facing personal challenges—that they are not alone.

With its rich themes and meaningful life lessons, *All Four Quarters of the Moon* is more than just a book—it's an opportunity for our Year 4 students to reflect on their own experiences and learn the values of compassion, resilience, and embracing differences.