

23 October 2025 | Excellence in Learning, Leadership for Life

MENTAL HEALTH DAY | 10 OCT 2025

**HEALTHY
BODY,
HEALTHY
MIND**

**A DAY DEDICATED
TO HEALTH
AND WELL-BEING**



Imperial International School welcomed healthcare professionals and members of the public on 10 October for its first Health & Wellness Day, an initiative aimed at promoting physical and mental health awareness across the school community.

The day kicked off with an energetic Zumba session led by the Sunshine Group, whose lively moves and upbeat music got everyone moving and smiling. It was the perfect way to break the ice before diving into the day's more serious sessions.

The first talk of the day was on mental health. Dr. Sujatha Kandiah, a Medical Officer from Klinik Kesihatan Buntong, tackled the sensitive but important topic of bullying and its effects on young minds. She emphasised how emotional wounds caused by bullying can have long-lasting effects if left unaddressed, and encouraged students to seek help and support one another through kindness and empathy. After her talk, teachers and secondary students took part in a mental health screening, an important step in encouraging open conversations and reducing stigma around mental health care.

23 October 2025 | Excellence in Learning, Leadership for Life

Next, Dr. Adam Prakash from Jabatan Kesihatan Negeri Perak shared useful tips on maintaining a healthy lifestyle. He spoke about the importance of balanced nutrition and regular physical activity to stop the growing rate of obesity among young people. He urged students to make mindful choices in their daily routines to build lifelong healthy habits.

Then we had Dr. Lishaliniy Lenga Gururuloo, a Dental Officer from Jabatan Kesihatan Pergigian Menglembu, who reminded everyone about the importance of good oral hygiene. Primary students enjoyed a fun, hands-on toothbrushing demonstration, while secondary students reflected on what they had learned by creating posters using manila cards.

The event also featured exhibition booths, where students and guests explored various aspects of health and wellness at their own pace. A blood donation drive also took place throughout the day, further reinforcing the spirit of giving. Many staff members and parents took part in the drive, showing how small individual actions can make a big difference in supporting community health.

Adding to the day's focus on mental well-being, the school's counsellor, Ms. Ashveena, delivered an inspiring session titled "Mission Stress-Free." She shared practical ways to manage stress, followed by interactive games that promoted relaxation, teamwork, and a positive mind-set.

Coordinating multiple health departments, managing diverse activities, and catering to both primary and secondary students was no small task, but the success of the event reflected the school's strong commitment to student well-being. Judging by the enthusiasm and positive feedback from students and staff alike, the Healthy Body, Healthy Mind event proved to be both meaningful and memorable.

by Lim Jia Yi (Year 8)



*Promise me you'll always remember:
you're braver than you believe, and stronger
than you seem, and smarter than you think.*

~ Christopher Robin

At IMPERIAL
International School
WE CARE



NEWSLETTER

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NEWSLETTER

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DEEPAVALI - FESTIVAL OF LIGHTS | 17 OCT 2025

**Hearts awaken from
shadowed dream.
DARKNESS FADES,
THE LIGHT IS BORN,**



The hall hummed with anticipation as students, teachers, and parents gathered, their collective energy promising something far more special than an ordinary assembly. Deepavali had arrived at Imperial International School.

The celebration began with the lighting of the oil lamps, led by our Principal Mr Shawn, Deputy Principal Mr Tristan, and parents. As each flame flickered to life, it served as a quiet reminder that even the smallest light can outshine the darkness.



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A warm welcome from Mr Shawn followed, his words weaving themes of unity, kindness, and gratitude that set the perfect tone for the morning ahead.

When the music began, the hall transformed. Primary and Secondary students took the stage as dancers and storytellers in vibrant costumes moving with purpose and grace. Every gesture spoke of dedication; every formation, a tribute to the beauty of cultural expression. A captivating storytelling session soon brought the origins of Deepavali to life, followed by an engaging quiz that tested the audience's knowledge of the festival's customs. Hands shot up eagerly as students and parents alike competed to share their answers, their laughter echoing through the hall.

The celebration then unfolded into a series of activity stations. Key Stage 1 and 2 students focused intently during the Lemon Race, balancing lemons on spoons with determination and delight. Meanwhile, Key Stage 3 and 4 students discovered that draping sarees and dhotis required equal parts patience and teamwork.

At the Kolam Station, coloured rice formed intricate geometric patterns under steady hands, each design a quiet act of mindfulness. In the cooking studio, the air filled with the comforting aroma of *Tosai* as students flipped, folded, and at times even fumbled. Some turned out picture-perfect, others less so, but every attempt carried the joy of learning.

What lingered at the end wasn't just a series of events, but a feeling – a shared sense of connection. Through laughter, exploration, and the willingness to try something new, Deepavali at Imperial International School became more than a celebration. It was a lesson in togetherness, where light, learning, and community shone side by side.

by Leong Yee Lam (Year 8)



23 October 2025 | Excellence in Learning, Leadership for Life



ASSEMBLY HIGHLIGHTS | 13 OCT 2025

Music brings us together!

Year 6 Assembly Presentation

The usual Monday assembly wasn't so usual, when the Year 6 students took the stage with a heartfelt presentation titled "Music Brings Us Together." Their message was simple yet powerful, that no matter where we come from or what language we speak, music has a way of uniting hearts.

Their presentation taught us how music connects cultures across the world. From the rhythmic beats of *kompangs* and *gamelan* that fill Malaysian celebrations, to Indian classical instruments like the *sitar* and *tabla* that tell stories of emotion and devotion. Each sound carried a piece of human connection. They shared about the elegance of China's *guzheng*, whose gentle strings have echoed through centuries of tradition, and the familiar tunes of Western popular music, which continue to bring people together across generations and continents.

To bring their message to life, the students took up their violins in a performance that embodied unity. They chose the violin because it was an instrument that brought them all together in the music room – a sound they all loved, and one that transcended their diverse cultural backgrounds.

Their message resonated deeply: music is a universal language, one that transcends boundaries and reminds us of our shared humanity.

As the famous Danish author Hans Christian Andersen once said, "Where words fail, music speaks."

by **Sudharshini Elango**



ASSEMBLY HIGHLIGHTS | 13 OCT 2025














 **Star of the Week: 6 - 10 Oct 2025**

 Every week, our school takes a moment to celebrate those who shine a little brighter, students who lead with kindness, learn with curiosity, and inspire others through their positive attitude. These individuals remind us that success isn't just about achievement, but also about effort, perseverance, and the spirit of teamwork.

 At Imperial we are proud to recognise the following students for their outstanding diligence and enthusiasm:

-  Early Years: Ma Qi Sen
-  Key Stage 1: Anna Monakhova
-  Key Stage 2: Hannah Chang Shi Han
-  Key Stage 3: Princeton Yee Ka Shing
-  Key Stage 4: Jeff Heong Di Yew



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UPCOMING EVENT | 31 OCT 2025



IMPERIAL
INTERNATIONAL SCHOOL
Excellence in Learning, Leadership for Life

SPOOKTACULAR FUN DAY

31 OCTOBER 2025
8:00AM - 9:45AM
IMPERIAL INTERNATIONAL SCHOOL IPOH

ACTIVITY HIGHLIGHTS:

- EYEBALL PONG
- HALLOWEEN CRAFTS
- PUMPKIN TOSS
- SPIDER WEB CHALLENGE
- GUESS THE POTION
- HAUNTED HALL

... AND MANY MORE!

**DRESS IN YOUR FAVOURITE HALLOWEEN COSTUME!
ALL PARENTS ARE INVITED.**

Come and have a SPOOKTACULAR day with us!

Date: 31 October 2025 (Friday)

Time: 8.00am – 9.45 a.m.

Venue: Legacy Hall, Imperial International School Ipoh

Event Highlights:

- Haunted Hall
- Spooktacular games
- History of Halloween
- Fashion Parade

✓ **Parents are invited!**

☎ **Contact us:** +605-2375188

✉ **Email:** enquiry@imperial.edu.my

You won't regret it! It's going to be un-boo-lievable!



WELCOME, MS FAM WEN WEI



We're delighted to welcome Ms. Fam to Imperial International School as our new Mandarin teacher. She completed her Bachelor of Arts (Honours) in Education and her teaching internship at SMK Seri Keledang. She brings with her a deep passion for sharing the beauty of the Chinese language and culture. Ms. Fam believes in helping students find confidence in learning Mandarin by creating lessons that inspire curiosity and connection.

Her favourite quote, “教育是点燃火焰，而不是灌满容器。” — “Education is about igniting a flame, not filling a vessel” — perfectly reflects her teaching philosophy and dedication to nurturing a lifelong love for learning.



“A teacher’s purpose is not to create students in their own image, but to develop students who can create their own”