



Pride & Joy

Perseverance, Responsibility, Innovation, Dignity, Empathy



Inside this edition

School News 2,3

Festival Column 4,5

Student's Achievements 6,7

Opinion 8

Science 9

History of ... 10

Puzzle 11

School News 12,13
14

Event!
22nd - 26th Oct
2018 will be
Thadingyut
Holidays.
20th Nov 2018 is
Universal
Children's day.



Class of 2018 Graduate with flying colours



The Graduation Ceremony of class 2017-2018 was held on 23rd August, 2018, at Lotte Hotel. In addition to the graduates, the ceremony was also attended by parents of the graduates, the Head of School, Vice-Principal, School Management Team, Key Stage 4 teachers and Yr 11 and Yr 10 students, and even the vice-president of the Union of Myanmar, Mr. Henry Van Thio. The ceremony included meaningful speeches from Management, prize-giving and a short and very entertaining biography of each of the graduates. Also included, was a meaningful and beautiful rendition of the song 'The World's Greatest' by the graduates. The ceremony was closed with a procession by the current Year 11 students.

Grades of some Graduates	
7A*	2 students
5A*	4 students
4A*	3 students
3A*	2 students
2A*	4 students
A*	7 students
5A	1 students
4A	2 students

The guests were served with delicious refreshments after the ceremony.

Overall, the ceremony has inspired and motivated the present IGCSE students to strive to achieve their best and in this way maintain the status quo set by Class 2017/18.

Best of Luck to all Year 11 students!

By Saw Thuta, Y11-B

Pride ISM Teacher's Day

Teacher's Day is celebrated internationally on 5th October. It was first celebrated in 1994 by the United Nations Educational Scientific and Cultural Organization. The purpose of celebrating Teacher's Day is to give the world a better understanding of the role of teachers in the overall development of students and society.

Who are Teachers? Teachers are second parents and the person who helps students to acquire knowledge, competence and values. Teachers play an important role in our life, enabling us to become successful in both career and business. A day in the life of a teacher can vary greatly depending on the subject and grade level in which the teacher is involved.

Our school also celebrated the Teachers' Day on Friday, 5th Oct 2018. We students paid respect (*gadaw*) to our teachers by asking for forgiveness for the sins we had committed towards them and offered them some gifts. The teachers told us that they forgave any of our wrong doings and continued to bless us with good luck in return. We sang a 'Teacher Appreciation song':

T is for talented that you surely are.
E is for explaining so patiently.
A is for the ability to make the class fun.
C is for correcting us when we were wrong.
H is for helping us in every way.
E is for encouraging us to do our best.
R is for rare, there is only one of you.
 So thank you special teacher, we think you're great too.

In conclusion, I would like to share s special teachers' day speech.

The way you teach
The knowledge you share
The care you take
The love you give....
Makes you.....The world's best teachers.



By Veronica, Arthur and Tango. Y7-C

Acrostic poem for "TEACHER"

Teaches us tons of things
Encourages us to do our best, and helps us
Achieve what we want
Considerate, courageous and
Helps us make right decisions
Enthusiastic and willing to make our future bright
Really remarkable and passionate

By: Chen Ying Cen, Y8-E

ဝါလလွတ်ကင်း ကျွတ်သတင်း

ဝါဆို၊ ဝါခေါင်၊ တော်သလင်းဟူသည် ဝါတွင်းသုံးလ လွန်မြောက်သော် ဝါကျွတ်ချိန်သို့ ရောက်သောအခါ ဝါကပ်သီတင်းသုံးနေကြသော ရဟန်းတို့သည် သီတင်းသုံးနေရာမှ လွတ်မြောက်သောလဖြစ်၍ သီတင်းကျွတ်လဟု ခေါ်တွင်ခြင်းဖြစ်သည်။

မြတ်စွာဘုရားရှင်သည် မယ်တော်ဖြစ်ခဲ့ဖူးသော သန္တု၊ သီတနတ်သားနှင့် တကွနတ်အပေါင်းတို့အား တာဝတိံသာ နတ်ပြည်၌ ဝါတွင်းသုံးလပတ်လုံး အဘိဓမ္မာတရားတော်များဟောကြားပြီး လူပြည့် သို့ ပြန်လည်ကြွမြန်းသောအခါ မင်းနှင့် ပြည်သူများ က ဘုရားရှင်အားဆီမီးများထွန်းညှိကာ ကြိုဆိုပူဇော်ကြသည်မှအစပြု၍ သီတင်းကျွတ်လတွင် မီးထွန်းပွဲတော် ဆင်ယင်ကျင်းပလာခဲ့ခြင်းဖြစ်ပါသည်။



တာဝတိံသာ နတ်ပြည်၌ ဝါတွင်းသုံးလပတ်လုံး အဘိဓမ္မာတရားတော်များဟောကြားသည်ကို အစွဲပြု၍ "အဘိဓမ္မာ အခါတော်နေ့" ဟု သတ်မှတ်ခဲ့ကြပါသည်။ အချို့သောဒေသများတွင် တာဝတိံသာဘုရားပွဲများ ကျင်းပကြပါသည်။



သီတင်းကျွတ်လပြည့်တွင် လူခတ်သိမ်းက အပြုံးမျက်နှာဖြင့် ထွန်းညှိထားသော ရော ရောင်စုံမီးသီးများ၊ မီးပုံးများ၊ ဆီမီးများကြောင့် လောကကြီးတစ်ခုလုံး တောက်ပနေပါသည်။



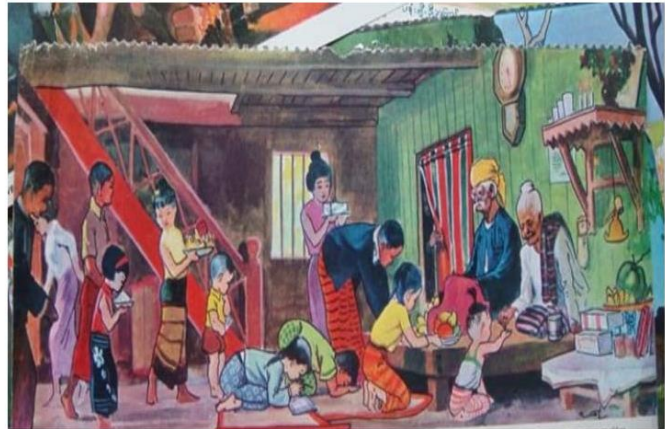
သီတင်းကျွတ်လသည် ရာသီအားဖြင့် " တူရာသီ" ဖြစ်၍ လအားဖြင့် " သန်တူလ" ဟုခေါ်သည်။ ထိုလတွင် ကောက်နှံစပါးများ ထွက်ထထောင်မတ်သောလ၊ မိုးလေကင်းလွတ်သောလဖြစ်သည်။



သီတင်းကျွတ်လ၏ ရာသီပန်းဖြစ်သော ကြာပန်းများတို့ကလည်း ပွင့်လန်းနေကြသည်။

➤ ရှေးစာဆိုများက "ရာသီတူခွင့်၊ ရေပြင်လှတင့် ၊ ကြာမျိုးပွင့်" ဟူ၍ စပ်ဆိုခဲ့ကြသည်။

သီတင်းကျွတ်လတွင် အဘိုး အဘွား၊ ဆရာ၊ မိဘတို့အား တပည့် သားသမီးများမှ ပူဇော်ကန်တော့ကြခြင်း။



မိုးလေကင်းလွတ်သီတင်းကျွတ်လသည် ကျောင်းပိတ်သောအချိန်ကာလဖြစ်သောကြောင့် ကျောင်းသား ကျောင်းသူ တို့သည် ပျော်ရွှင်စွာ ကစားရသောအချိန်လည်းဖြစ်ပါသည်။

သီတင်းကျွတ်လအခါသမယတွင် လမ်းတိုင်း၊ ရပ်ကွက်တိုင်းတွင် စတုတီသာများကျွေးကြပါသည်။ ရာသီဥတုက သာယာလှပ၊ သဘာဝကလည်း ကြည်နူးဖွယ်၊ ဘာသာရေးပွဲတော်များကလည်း ကြည်ညိုဖွယ်၊ ရာသီပန်းကလည်း တင့်ဆန်း၊ လယ်သမားများကလည်း ရွှင်လန်းရသောအချိန်ကာလဖြစ်၍ တစ်မူထူးခြားသော လတစ်ပါးဖြစ်ပါသည်။

By Year 8B

CONGRATULATIONS

To **Hsu Myat Noe Han** for achieving **Third Prize** in the senior category of the second biannual **Short Story Contest 2018!** You have given an outstanding performance in all the events that you have participated in and we are proud to recognize you as one of the school's most valuable students.



Math Olympiads contests



4th Asian Children Forum Painting and Motto competition 1st Prize



Nutroplex art contest 'Best' Prize



Sein Lan So Pyay 1st Prize

Check out part of her story "Obsessed Nightmare" on the next page!

“Obsessed Nightmare”

The door to dream

“Skylark, are you ready? I know you can do everything. You, that’s right, you are Skylark and you must remember that, be stamped on your mind forever.” I contemplated my reflection and cracked a smile. “You look benevolent, genuine and compassionate.” The journey to Eleanor Dreyer would be a miracle. I took my luggage. Then, once again glimpsed at the mirror, being grateful yet guilty.

The train station was packed like sardines in a can and without hesitation, I made my way to the train. At that moment, someone yelled “Sylvia!!” I freeze, feeling the darkness around. I slowly, really slowly turn my head. I can’t see who is calling that name but, it keeps echoing, strangely becoming closer. Then, I catch sight of an adumbration surrounding me but just in a flash, it disappears through a crowd of people. I am in state of shock and fear though hearing the steady chugs of the train snaps me out of it, “It’s just an illusion, just illusion, nothing more,” I murmured as I dash to the train.

“Miss, may I please lead you to your seat?” I followed the attentive, gorgeous Jewish train attendant. In alleviation, I sigh. Taking a deep breath, I do not dwell on the intensity and strangeness I have had earlier. Instead, I slowly close my eyes and is lost through thoughts. The moment I wake up, I have reached my destination. I am agitated and very animated in meeting my pen-pal. I check the address and hire a taxi. I got on the car and sit on the cushiony backseat. But the satisfactory only lasts for a while. Within minutes, I felt caliginous and terrified. I felt like someone is beside me, also enjoying the cushiony seat. Yet, I ignored it-it’s just a thought. Getting it out of my mind, I only focused on my plan, a plan that must not fail. I am really gleeful to meet Eleanor and fulfill my wish.

If you want the rest, go to Kidsfunclub.com

Teenagers Vs Depression

What is depression? Depression is a mental illness that affects how you feel, the way you think and how you act. According to the World Health Organization (WHO), 20-30% of teens suffer from Depression, mainly unnecessarily caused by peer pressure, family problems, misjudgment, body-shaming and many other inconceivable, often imperceptible reasons.

People suffering with depression often lock themselves in their rooms and lose interest in the things they enjoy. I, myself, am a teen, so I understand what it feels like to experience depression and how hard it is to overcome. It's like being trapped in a ceaseless maze, shrouded in grey, vague mist. Some people, unable to shake the curse of depression choose to end their lives. Why? Because they are unable to find a solution to their depression. They reason that suicide is the only way to escape from the trap.



In my point of view, this is a short-term solution, which will have life changing effects on all loved ones. There are many ways to cross over this risky and unstable bridge. It's not easy, but you have to be strong enough to pass this. It'll take time, but you have to be patient.

Find someone trustworthy and understanding, who can empathise with you and understand how you are feeling, to talk to - someone who's considerate and a good listener. Just talk about what you have been facing or thinking of lately. Don't hide your bruises beneath a mask – Talk openly about how you are feeling.

And to those people, who have a friend who is suffering with depression, please listen to your friend and give them advice and words of encouragement. For instance, you could say, "It's okay to make mistakes sometimes, because everyone can make mistakes" or "You are doing so well." or just give them a deep, warm hug. Such words or actions may be nothing to you, but they are a huge gift to the person who is wrapped up in the turmoil of depression.

On the other hand, if you don't have friends to share your feelings with or if you don't want to bother other people, that's fine. All you need is a pen and a paper. Write down what you have been experiencing. Actually, pen and paper might be an even better listener - Am I right?

And another thing is, don't lock yourself in your room. It'll just make you more depressed. Life is short, so try to enjoy your life with your loved ones. Spending your time with them will bring you happiness and dissolve your negative thoughts slowly.

Last but not least, to those young adults who are feeling depressed, I want to say that you are not worthless. You are wonderfully made. You are loved by everyone. So, please, don't end your life, because your existence really is significant. Stop having suicidal thoughts.

Be Brave and Face it!

By Mon Myat Thwe @ Grace, Yr-10A



Micro-organism!



What do you understand by the term 'micro-organism'?

When we say micro-organism, some people think they are harmful, but actually, they are not only harmful but are also useful in many ways. They are small creatures that you can't see with your naked eye. When someone coughs, sneezes or yawns around you, thousands of bacteria go into your mouth. However, your immune system fights against them so they aren't able to harm you.

How are micro-organisms useful to us???

They are useful in many ways. Some of them decompose waste products like sewage and dead plants or animals. Some of them are used in dairy products such as milk and yogurt. Did you know that some of them absorb fatty acids which cells need to grow? In my opinion, I think that they are a magical part of our daily life. On the other hand, harmful bacteria can cause illnesses, such as food poisoning. Food poisoning is caused by food which is contaminated with bacteria, viruses, chemicals or poisonous metals like lead. Harmful micro-organisms can also cause tuberculosis, AIDS, or even Measles.



How can vaccinations help us?

When you have a vaccination, the doctor puts a small amount of bacteria into you, so that your body's immune system will attack back and remember that bacteria.



In some countries like Canada or Norway, they use bacteria to remove the sewage when the toilet is blocked. They put some bacteria into the toilet tank and the bacteria then eats all the sewage. And the amazing point is that after the bacteria have eaten all the poop in the tank, the left over water is good enough to safely drink! Imagine that! Also, bacteria can be used to remove oil spills from a ship!

Tips to protect yourself

- Always handle and prepare food safely because food is a great carrier of germs.
- Wash your hands often using soap.

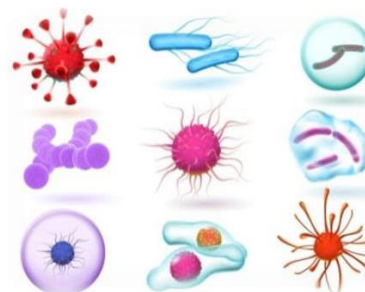
How to wash your hands properly



Follow these steps to wash your hands

1. Wet your hands with running water.
2. Apply soap to your hands.
3. Rub your hands palm to palm, carefully for at least 20 seconds.
4. Rinse well.
5. Dry your hands with a clean towel.

- Keep your environment clean so that bacteria will not spread.
- Use your hands as a cover or mask whenever you cough, sneeze or yawn.
- Don't share your personal items with others.



Thousands of bacteria and viruses are spreading.

By Shwe Thint Tal, 7D

GEOMETRY

Math is a subject that is understood by people all around the world no matter the language they speak.



What is geometry?

It is basically a branch of mathematics concerned with questions of shape, size, relative position of figures, and the properties of space. If you wish to become a mathematician in the field of geometry for your future, you can be a geometer.

You will be familiar with this topic as you have studied about geometry in kindergarten such as naming the shapes and further in primary school, learning the properties, and formulas related to their areas and volumes of the different basic shapes.

Applications

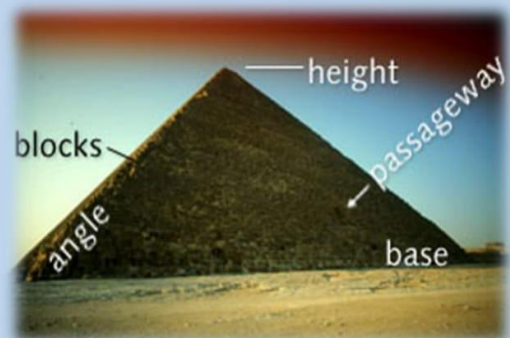
Let us look at some uses of geometry in real life

The next time you play a video game, thank geometry for the realistic look to the landscape and the characters that inhabit the game's virtual world. Besides helping computer designers build virtual realities, geometry's applications in the real world include architecture, computer-aided manufacturing, medicine, biology, astronomy, navigation, physical sciences and much more.

History of Geometry and its Origin

The creator of geometry was none other than the well-known historical figure, the father of Geometry, Euclid. Geometry is said to have been used by people long before the dawn of recorded history. Noteworthy, is that Geometry is the oldest branch of Mathematics, after Arithmetic. The word "Geometry" means "Earth Measuring" in Egyptian. Very interesting is that the origin of geometry was sparked by the need to measure land.

By: Myint Zu & Olivia, Y11A



3 × 3 Magic Square

A square array of numbers are arranged in horizontals, verticals and diagonals in such a way that all numbers are

$$1, 2, 3, \dots, n^2$$

Where n is a number horizontals, verticals and diagonals.

16	3	2	13
5	10	11	8
9	6	7	12
4	14	15	1

The numbers are 1,2,3, ..., 16. The numbers across horizontals, verticals and diagonals add up to 34.

Try to complete the number 1, 2, 3, ..., 9 to a three by three magic square such that total of 3 numbers across vertically, horizontally and diagonally add up to 15.

Each number should be used only once. Have Fun!

Pride ISM Secondary Art Competition

An art competition was held in our school on 12th October 2018, from 1.30pm to 3.30pm, on the 4th floor. It was quite surprising to see so many students from each year participating actively. There were more than 50 students. For level 1, the theme was 'Water is life'. For level 2, the theme was 'Escape'. This are some of the artwork produced by my seniors and juniors. I wish you all win 1st, 2nd or 3rd prize. Everyone is a winner!

By: Hsu Hnin Set, Y9-C





DEBATE: Raise your Voice!



Myanmar Traditional Dance

E



ART: Add colours to life.

C



Badminton



Basketball

A



Karate: Kick it Jackie!



Music will bind us.

Congratulations to our newly selected members of the PRIDE student council! Thank you to Mr. Kevin (our student welfare officer). Thank you also to all of the secondary students who were given the liberty of choosing the respective members. We place our school in your capable and caring hands and know that you will definitely make our school days more enjoyable. We wish you a fantastic year!



“Dear Blue”

Hi everyone! I’m Blue, from the “Dear Blue” advice column in the Newsletter. But, this is more of an advert and fun stuff column and you can literally contribute anything fun that you would like, including advice, birthday wishes and anything fun! Make sure you use a pseudonym, like I have, (e.g. Green or Mr. Whatever) and also feel free to send me anything. Remember, I am just a teen like you. Plus, I am super sweet (ain’t bragging here). Everyone is welcome to take part!! Good day to ya”ll !



Pride ISM Newsletter Editorial Team

Happy Thadingyut Holiday!