



Pride & Joy

Perseverance, Responsibility, Innovation, Dignity, Empathy

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Announcement!

16th Dec 2019-
6th Jan 2020 will be
the winter break!

First Day of
Term 2: 7th Jan
2020



MISCA University Fair 2019

On the 16th of September the Year 11 students visited YIS to attend a University Fair. Many universities were there, including MISCA. More than 60 universities were invited to join the fair to give information about their universities to the students. More than 600 students from different international schools were invited as well.

We departed from our school around 11:30am after having our lunch. The traffic wasn't really bad so we arrived there earlier than we expected.

When we got there, we went up to their library so that it'd be easier to separate us into 4 teams, Team US, Team UK, Team Australia and a team for students who were still figuring out where they should go for their future studies.

Team US left the library first with Mr. Kevin and headed to a section where the counselors and teachers lectured us about getting scholarships, the problems that we might face while studying abroad and the way we should talk and approach to the university admissions officers of each university.

Then, we headed to the main gym, where the fair was held at. The university admissions officers were busy answering the questions of the students. My friends and I wandered around the gym and looked for the universities that we were interested in. I gained so much knowledge about studying abroad, the types of scholarships and the courses that each university offers. This event really helped me to decide if I should do A levels or just go for foundation instead.

By 2am, it was time for us to return to our school. I really enjoyed talking to every admissions officers and it was really a great experience to learn more about studying abroad. I hope there will be more events like this!

Mon Myat Thwe, 11A



A visit to Galilee Children Home



On Sunday, 15th September, I went on a day trip to Galilee Children's Home with my form teachers and classmates. Our head of school, Mr. Alan Dighton, was also on the trip to the children's home. Mr. Alan led the convoy followed by teacher Theingi and teacher Pike Pike and lastly Ms. Rene and the year 10C students in the school bus. The drive to the Galilee home was a bit long as it is located far away from the town. It was an amazing trip as we shared lots of snacks in the car and played some music in the car whilst on the way.

When we arrived at the home, the children eagerly showed us around their loving home. After that, we arranged ourselves into different groups to perform different kinds of fun activities such as magic tricks and Uno. We also made wall hangings out of colored paper as well as playing football and dancing with the children.

While we were doing these kinds of fun activities, we could easily see the happiness of the children by looking at their expressions on their faces. They were all excited and interested in our fun activities. Most of the girls enjoyed coloring and making wall hangings and the boys were thrilled to play football with us.



After it was all finished I would personally say it was one of the most rewarding activities of my life as their nonstop smiling and their interest warmed our hearts. They were all very friendly and energetic. When it was time to go, we hugged and said goodbye and promised them that we would visit that amazing place again.



I would like to encourage all of the Pride ISM students to follow with us next time as I guarantee that you all will enjoy it.

Lin Khant – 10C

Health Talk

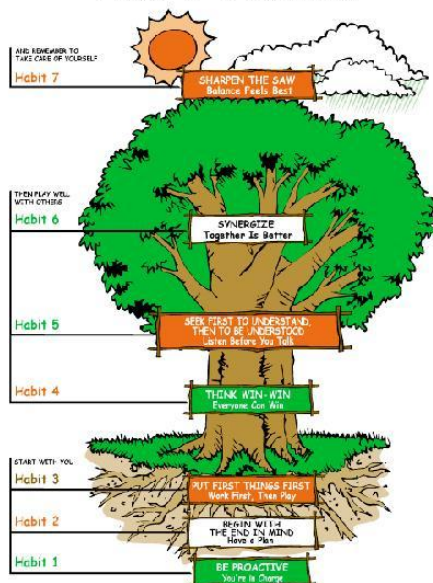
On 30th October 2019, PISM secondary hosted a health-talk on 8th floor. The topic was about challenges of growing up, which was quite interesting and beneficial for all the secondary students. The talk was given by U Thein Oak Sein, clinical psychologist, who graduated from Lynn University, USA. The talk lasted around two hours and the speaker mainly focused on depression among teenagers. It was indeed an advantageous and educational talk for both the teachers and students.



Good habits for teens

To become a good leader, I believe you need be a good follower. To be successful leader, you needs to change your habits. Habits are a big part of a teenager's life. They can either balance out a teen's complicated and busy life or make life harder and make it into a disaster. Kids always complain that they don't have time for anything because of all their schoolwork, friends, family, sports, etc. Some kids even go through depressions and drugs, so the 7 habits of highly effective teens to help accommodate to these kid's hectic schedules. These habits are: **Be proactive, Begin with the end in mind, Put first things first, think win-win, Seek to understand, Then to be understood, synergize, and sharpen the saw.** To be successful, you must apply these habits onto everyday life. By doing so, this will help you to overcome the problems within yourself. Then it will help you to create good relationships with others, and lastly these habits will help you to renew yourself. On the other hand, there are also habits that will lead you downhill; these are: React, begin with no end in mind, think win-lose, put first things last, seek to talk then pretend to listen, don't cooperate, and wear yourself out. As you can see habits can lead you in the right or wrong direction.

The 7 Habits



Source: the-7-habits-of-highly-effective-teens by Sean Covey

By Teacher Than Than Soe

Usage of E-Cigarettes

The trend of young adults using E-Cigarette is increasing day by day all around the world. Last month 5 people have died from using this in one of the countries which country? People who use E-cigarettes are known as “Vapors”. Many people tell you that they vape because their friends and a family member uses them. Some of these E-Cigarettes looks like a flash drive making it easy to conceal. They are called Juul pods. There are many names for them such as Pen, Mod, Pod and many more. They come with a variety of flavors which smell and feel good, making people want to try them out, partly through curiosity and peer pressure.

Using E-cigarettes can cause many diseases such as Lung Impairments, Brain Damage, and ECT. It is well known that most of the vape products contain nicotine and nicotine is addictive. Some of the E-Cigarettes don't contain nicotine but it is also as dangerous as the normal traditional cigarettes. The producers of E-Cigarettes say that they are a much safer alternative than a cigarette but this is not true. There isn't that much of a difference between a cigarette and an E-Cigarette. So it means that if you are a vapor, you are practically a smoker.

The picture below is posted around the classrooms, so if you see anyone from the school compound or one of your friends using these, please inform the student council or Mr. Kevin or the registrar (Mr. U Tin Mg Oo). Please don't be afraid to inform any of these people because we will try to help you or potentially your friends. Thank You for co-operating with us and giving time and thought to this article.

By The Student Council



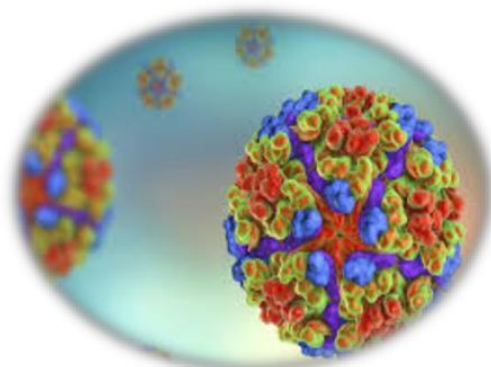
The Painful Flu came back after 10 years

Chikungunya also known as “Elephant Flu” is a viral disease transmitted by the infamous “Aedes Aegypti” mosquitoes. The disease is one of the viral arthritic diseases. The disease came back after its last appearance in 2009. Chikungunya, although not as deadly as Dengue Fever or Yellow Fever, can cause serious complications and endless pain.

I have my own painful memories of this disease, It all started when I during PE a very long time. We did intense exercises and I felt pain in my joints after PE, which was not normal. After school, I got a fever so I made an appointment with my doctor. I thought it was just a case of flu. I told the doctor, I felt pain my legs because of PE, and she gave me Azithromycin for the flu. For the next couple days, I couldn't walk properly since I have a horrible pain in my legs. After 5 days, I recovered from my fever and red splotches of a deep red rash appeared on my hands. The doctor told me I had Chikungunya. That's the time that I knew I had that disease. I only knew I had it once I recovered and I didn't even believe it was Chikungunya. I was lucky I got a mild form of the flu, and I recovered from the leg pain in within three days.

Severe Chikungunya can cause havoc, causing terrible headaches, pain all over the body, and months to recover from the lasting pain. Weekend immunity, older age can also be higher risk factors. The younger the victim, the faster he will recover from the joint pain, because younger and healthier bones can fight the disease better. Once you have had the flu, you won't have it again for the rest of your life. This is because there is only one strain of the virus. A good Healthy lifestyle, good hygiene can actually prevent mosquitoes from biting you. Draining all the stagnant water, destroying Aedes's habitat can also help prevent the spread of the outbreak. Once you know you are infected, don't worry, take the necessary amount of rest and drink a lot of fluids. You can also eat any food you want too. Yes, Chikungya is scary but if we know about the disease and help the community, we can eradicate this pathogen from our country.

Agga Kaung Myat (Year 9-C)



GRADUATION 2019



On 6th September 2019, the graduation for the class of 2019 was held successfully at the Lotte Hotel. Graduates, teachers and year 11 students were filled with anticipation as they entered the venue. The decorations were jaw-droopingly sophisticated as well as catching on the eye. The parents were warmly welcomed by Year 11s who played the role of pinning badges on them.

As the parents were guided to the main hall by a year 11 students, they took their seats and waited for the graduates while their eyes roamed the hall. The music brought everyone's attention to the graduates strolling slowly along the red carpet towards the stage.

The ceremony was begun by singing the National Anthem and the school song which was followed by the speeches from the Head of School and other administrators. Soon after the speeches, the graduates were queued up before the stage to give an oath to the school and let the graduated head boy and head girl pass down the flag to year 11 head boy and girl.

When the graduation was finally coming to an end, the graduates were told to exchange their tussles which was a very tear-jerking moment for everyone. Without the moment of spare, the graduates threw their graduation hats in the air which was a very liberating sight to see.



Vivian & Rody (Year 11B)



Teachers' Day Celebration

Teacher's Day was held on the 8th floor during the last two periods of the school day. The first impression of the big ballroom being sprung up into a neatly yet minimally decorative place, made us gush in awe. The student council president, Lin Tun Oo initiated the event by telling us what they had scheduled, beginning with the Myanmar dance where a row of colorfully dressed PISM girl students make a rhythmically pleasing dance moves that enlightened the ceremony's mood. The decorations were minimal but truly pretty.



The spotlight laid on the red carpet lane bordered by rolls of pillars that held a magnificent lotus with a glowing light inside. Some words of thanks were given to the teachers by some students after the Myanmar dance and a song dedicated to all our teachers was harmonically sang by the entire crowd in the ballroom. Last but not least, the event finally ended up with giving prayers to the teachers and mistakes were forgiven and the bonds between teachers and students were strengthened with love, respect and left us looking forward to more events to celebrate together.

Amelia & Pikyar (Year 10A)

Art Competition

The lavish themes conjured up the creative minds of students and lured them to think outside the box. Taking place at the 8th floor, the students are inspired and were prepared with paints and brushes. Everyone was immensely captivated by individual artwork; they were really into portraying exquisite pictures where every single brush stroke expressed thousands of words. Although it was entitled as the “art competition”, participants were creating dynamic pieces while lost in their own worlds. Beautiful variations of pieces attributed to each category were represented. In my experience, an adrenaline rush shook at the start yet, it deliberately dissolved and shifted to interest and a sensation of illustrating the message I wanted to give, as the competition continued. No strict rules were set up whilst smiles of students conveyed satisfaction plus euphoria of their hobbies in art. Above all, the paintings were unimaginably impressive, unique and the delightful endeavors of art teachers and fellow students completely turned the art competition into a monumental success.

Hsu Myat Noe Han (Year – 10A)





The Halloween Party

On November 1st, the Halloween party was celebrated on the 8th floor from 1:30 to 3:10 pm. At 1 o'clock, the makeup

rooms were opened and there were lots of students getting their makeup done. There were four main highlights: The ceremony opening by Tr Ni Ni, The Halloween Runway, the Performances and Runway Prize Giving and lastly, the Rave by Tr.Thein Zaw. The ceremony began with the ribbon cutting, sponsored by our head of department, Tr. Ni Ni. Then the Halloween runway was participated by many contestants.



There were lots of volunteers for the performances and it went really well. And as soon as the performances were finished, the winners of the Halloween Runway, Mr & Mrs Halloween were announced, along with the Best Costume Award for the Teachers. But there was a tie between two gentlemen and the prizes were split. When the prizes were received, there was a break before the disco was started and two games were taken place and the movie rooms were opened. In a few moments, the raving was started and the DJ took the whole party into a brand-new level and everyone enjoyed it.

Agga Myo (Year - 10A)



Interview with new teachers



Last a few weeks ago, we had an interview with Mr. Mark who is year 7 science teacher. He is from the Philippines. Before he came to Myanmar, he had worked in Thailand for 7 years, Laos for 2 years and Palau (Micronesia) for 2 years. He told that he had never been to Myanmar before and to get experience was one of his reasons to come here. And, he also said that he wanted to learn about Myanmar culture as well. He said that in his opinion, he thinks that students in Myanmar (PISM) are really energetic. Then, he also said that he wants to suggest our school to have more projects and he also told that he prefers project – based learning more. When we asked the difference between Myanmar and Philippines school life, he said that children in Philippines have less study time, and they have many extra clubs.

Mr. Paul is a new teacher who teaches GP and English lessons. Before he came to PISM (Myanmar), he taught in many other countries such as; Thai, Laos, China, Malaysia, Iraq and he had also taught in Horizon (Myanmar) before. He has 17 years of experience throughout his teaching journey. He graduated with English literature and mastered in English. He said that he is satisfied with the school and the students did meet his expectations. He requested that the school would support more on sports, technology and extracurricular activities. He also left a motto for the students “Be ready to face any challenges”



Sayar Zayar Tun is a year 9 science teacher. He had been teaching since 1992 (17 years teaching experience). He has taught in Thailand for 5 years and Cambodia for over 8 years. The reason he came back to Myanmar was that he wanted to contribute his knowledge to Myanmar students. And, he also told us that he thinks that students seem to enjoy teaching. He graduated from Yangon University with Physics major and he has also learned in many universities not only in Myanmar but also in abroad. His motto is “Knowledge is very powerful”

I have interviewed teacher May Sandar Dway and this is what she said. Teacher May Sandar said she has been a teacher at KMD for four years before she came here. But after four years she started to work as a programmer at KMD for 3 years. And this is her first experience teaching in this school. She said it is fun to teach at this school with all the students. She loves to share her knowledge with the students. She wants the break time to be longer Her friend suggested her to come and work here. Her advice to all the students is to respect time.





From the interview with teacher Daw Myint Myint Tin, I can tell you that she is a senior chemistry (lab) teacher. She said she had worked in Dagon University. Her teaching experience is about 30 years. She started being a teacher in 1980. She fears that students might face danger in the chemical lab rooms with the dangerous chemicals without knowing what can happen which was the only difficulty for her. She likes the systems here which are great and she prefers us to have more discipline. In her opinion, we should be more careful and wishes that we will follow the instructions more. When we asked her if she is fun teaching here, she said she enjoys the time here. Her motto is "Be grateful yourself and your environment as well.

According to the interview with teacher Khin Pyae Pyae Hlaing, she said that this is her first experience in this school. She finished her school at National University of Art and Culture. She noticed our school because her friend is teacher Thaw Zin's friend. She said that senior teachers were very friendly in this school. And she told that our school has good service. The remarkable memory for her is she accidentally mixed the crafts and it became a very strange-looking craft. She thinks our school has advantages in teaching techniques and she also suggested that the school should effectively change the student's bad behaviors. Moreover, she also wants to tell all of us that we are so lucky to attend this school and she wants us be clever and special.



Mr. Mark MC Cready graduated with Philosophy in England. He had work experience in 36 countries before working in this school. He chose to come to Myanmar because he likes this region and he thinks this job is quite good. He had been a teacher for 19 years and he thinks that the students in this school have a very good environment and he enjoys teaching here. The thing he likes about our school is the students; they are nice to teach but a naughty too. Lastly, he gave a suggestion to have a swimming pool in this school.

Teacher Than Than Soe is a business teacher who is currently teaching at Year 10 and 11. She used to work as a freelance teacher in the past and she has been teaching since 1989. She said that the teachers at PISM are very friendly and helpful to each other. She feels really great to teach business at school because both year 10 and 11 students are very eager to participate in discussions and most of them are truly interested in Business. She also stated that Business is really important in this competitive world. The things she likes about PISM are that the canteen is very hygienic and the school campus is always tidy. Her message to the students is that they should know how to value themselves and to have mutual respect with both the students and teachers.



Shwe Tint Tal (Year 8 – D)

May Hin Yati (Year 8 – D)

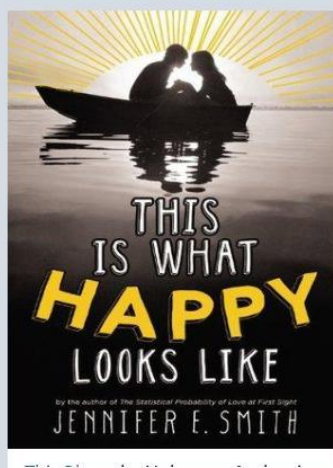
Thu Thu Win Htun (Year 8 – D)

Myo Thiri Kyaw (Year 8 – D)

A book review: This Is What Happy Looks Like

This Is What Happy Looks Like is a book by Jennifer E. Smith, the author of *The Statistical Probability Of Love At First Sight*. This is a very good book for readers who love to read love novels. For me, I would rate it a 4 star experience. The story begins when a movie star Graham Larkin accidentally sent an e-mail about his pet pig to a normal town girl Ellie O'Neil, the two characters both seventeen-years old quickly became pen pals without knowing each other's last names. When Graham found out that Ellie's hometown is in Maine, which is the middle-of-nowhere, is the perfect place for his upcoming film production he decides to take their relationship from online to in-person. The story asks the question, will they be able to overcome the difficulties, hardships and other problem and successfully take their relationship to the next level? One of my favorite lines in the book was "How am I supposed to e-mail you now?" "I guess we will just have to talk now." This is a must-read book for teenagers. It explains all what happens in the daily life of a teenager. There might be funny times and sad times. I think the author is trying to give the message which motivates us. If you want to read a book that leaves a smile on your face, you should try this book.

Hnin Shwe Yee Win – 8B





Movie Review: Miss Peregrine’s Home for Peculiar Children



“Miss Peregrine’s Home for peculiar children” by Ransom Riggs is a book about Jacob Portman, a sixteen year old boy who never really fitted in anywhere. When he was younger, his grandpa, Abe Portman used to tell him stories about an orphanage he used to live where children with special abilities could live freely without monsters hunting them and people who wanted to kill them just because they are different.

His grandpa, Abe even had pictures of his special abilities friends when he lived there when he was a kid. Jacob believed him but when he came of age, he stopped believing those magical places with mystic people. And when Jacob reached his sweet sixteenth birthday, his poor grandpa started saying crazy things like monsters are coming to get him, they are going to be killed and such. Jacob was immensely confused, who even wants to kill his grandpa? Has he gone crazy by reading sci-fi book with intense killings? Or do those strange books on the top shelf of the bookshelf brain-washed him?

So, on one starry night, he goes over to check his grandpa who was lying lifelessly in the forest with a terrifying black – tentacle armed monster with long razor sharp teeth which his grandpa has talked about for the whole time. Nobody believed him that his grandpa killed by a monster and he was sent to a psychiatrist, Dr. Golan who suggested going to his grandpa’s orphanage. So, Jacob and his family went to Cairholm Island where he goes exploring only to find torn abandoned pictures same like what his grandpa has shown him. Unexpectedly, his adventure started the moment he set foot on the island. He soon befriended a girl who can hold fire, Emma bloom, an invincible boy Millard Nullings and many other exotic kids with inhuman-like features. He also meets Miss Peregrine who is a ymbryne, a woman who can turn into a bird and create time loops (a loop or a dimension that resets everywhere and anywhere to a certain time for peculiars to live in. He grows attachment to the strange, eerie place even though he knows he has family on the other side. He learnt about wights (demons), furious tentacled creatures, who are planning to capture ymbrynes so they can be immortal like the peculiars and such. His unknown ability was sight which he soon discovered during dangerous situations; he can see creatures that even peculiars can’t see. He went through many hardships with soldiers nearly killing them, no place to live and no one to trust. Jacob has always thought of going through a loop to his cozy bed, safe and warm house with no worries of what to eat a million, trillion times.

As time goes by with some members who bravely sacrifice themselves for the futures of the peculiar children, he began to feel like he belonged with them and protect them when his grandpa couldn’t and chose them over his family. Jacob fell in love with the lovely Emma with red messy hair and sharp mouth who fell in love with Jacob since she laid her eyes on him since he looked like her first lover, Abe. They lived there peacefully with their amazing peculiar friends. Till death pull them apart.

I would like to recommend this interesting movie to people who love action, non-fiction, supernatural and some drama. This movie goes along with a book. I love this book because there are many unexpected plot twists and it is hilarious watching Jacob struggle with his problems inside out. But it was quite selfish of him to leave his family who might think he was kidnapped or worse, killed and never seen again.

Thet Wai Aung (Year 9A)



Quotes

Grow with the pain,
Don't let the pain
Grow within you
- A

She asked for the moon,
But he gave her the entire sky.
- A

I always say
I miss you
But the you
I knew may
no longer exist
and soon I'll be me again,
and no longer
your aftermath
- A

Gambling
You look so beautiful
Looking at this world
And I would wager
Going blind to it all
As long as I could
Still see you, seeing the waves,
the mountains,
the sun and the moon.
- A

International Day at Pride ISM

Recently, there was a school event, on the 14th of November 2019 we all participated in an International day ceremony, when everybody at school gathered to celebrate the fact that we are one community. So what is International Day? It is a day when all the students around the school come together to learn about different cultures around the world. It is also celebrated at international schools in other countries, too. For some schools, this day helps foreign students reflect on their own cultures. And for PISM, this day helps us recognize and appreciate cultures around the world.

Firstly, we started off with Parade of flags where we go around the school with the flag of our class country. After 20 countries, our home country, Myanmar, came in finalize this part of the day's activities. Everyone there in the school dome cheered as the class that represents Myanmar went around school. Next, there were performances by students who danced and sang songs. Then, every class took pictures on the stage with their form teachers and went back to their classes to begin travelling to other countries with the passport made at PISM. Each class has 3 countries to go to. Since one session with another class takes about 50 minutes, travelling to other countries took 3 periods.

In each class the host teacher prepared power point presentation for the guest students who are visiting their class. In the presentation, it contains information we need to know about the country. Similarly, in some classes, the teachers prepared some games for students so that they won't get bored with the presentation. For example, in USA, there was an educational game where the students had to rearrange the states of USA, like rearranging a puzzle, to win the game. As there were games, there was obviously food. In Japan, the form teacher dressed in a Japanese traditional dress, Kimono, treated every visitors by making them sushi.

Later that day, the class party occurred after everyone travelled to other countries. Most classes ordered food and ate it together with their classmates, friends, and form teacher. Some classes watched films. In some classes, there are students who played games with their phones. And in other classes, students were playing music and dancing with their friends.

As conclusion, this was how International day was spent. That day could be counted as a day well spent because of all the fun everyone had. And because it was the day when we were taught about other cultures, all of us gained knowledge of potential countries we ought to travel to in the near future.

Nyan Lin Htet (Year 11A)





Congratulations to the newly selected student council officers for the academic year 2019- 2020!



President	: Lin Tun Oo
Vice President	: Han Ni Su
Secretary	: Nang Mo Phong and Zin Me Me Tun
Treasurer	: Lin Khant
Social Activity Coordinator	: Steven
Year 11 Prefect	: Mon Myat Thwe
Year 10 Prefect	: Agga Myo
Year 9 Prefect	: Agga Kaung Myat
Year 8 Prefect	: Phone Htut Aung Paing
Year 7 Prefect	: Hein Htet Zaw

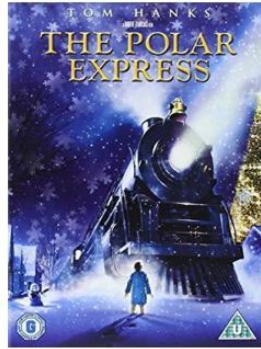
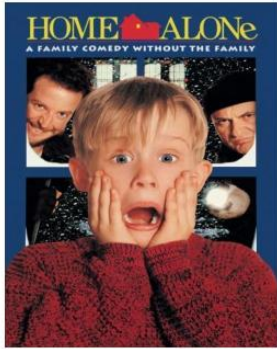
We would like to thank all the secondary students for the participation in this year's student council election and for selecting the year prefects!!!!

We would also like to give a massive thanks to our former student council officers for all the effort and contribution!!!



Enjoy these movies during your long Christmas Break

Best Christmas Movies of ALL TIME



Pride ISM Newsletter Team wishes you a very joyful Christmas and an awesome New Year!!! Enjoy your Long Holiday and Be Safe on your Vacations!!

PISM Christmas Party

PISM Parent's Day

Date : 12th December 2019

Date : 13th December 2019

Time : 9:00am – 11:00am

Time : 9:00am – 12:00pm

Venue : 8th Floor

