

STUDENT PUBLICATION OF BINA BANGSA SCHOOL, PIK  
SECONDARY AND JUNIOR COLLEGE



# EST VIVENS



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**A BOUNTIFUL SCHOOL YEAR,  
THAT WAS!**

AUGUST 2017 - AUGUST 2018

# IN THIS ISSUE



**Bina Bangsa School**  
培民学校

## STUDENT PUBLICATION OF BINA BANGSA SCHOOL, PIK

**Published by the Young Journalist Club**

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Special Credit : Photography Club and BBS-PIK  
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HMCA: A Look Back

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## XMAS CELEBRATION '17

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## BBS, PIK SECONDARY AND JC COMMUNITY GAVE NEW TWIST ON CHRISTMAS CELEB '17

Exercising generosity, putting a sense of community in action, seeing the values in others. These are values that the school wants to instill in every BBS student in celebrating Christmas. This year, students extended their Christmas party celebrations beyond the walls of their classroom and shared their blessings to others.

Spearheaded by the Pastoral Committee, the Christmas celebrations acquired a new twist as each form class from Secondary 1 to JC2 would invite guests: a subject teacher and one or two staff members who will enjoy the food and have fun in the mini games prepared by the class.

Aside from the fun in the classroom, the school staff also received a Christmas gift mostly composed of groceries and other items previously prepared by the whole class.

This practice was held simultaneously among all form classes on December 13.

Meanwhile, the BBS, PIK Secondary and Junior College teachers had a separate Christmas party at the Red Snapper Restaurant, Pluit on the same day. Everybody was in high spirits participating in the Charades guessing game, the Karaoke singing contest and other fun-filled mini games. Mr Sri was also a sight in the crowd as he played Santa Claus.





## A VALUES-CENTRIC SCHOOL

More teacher participation was also observed during the final Christmas Celebration program on December 14 at the Kartini Hall. Mr. Bryan Cruz, Mr. Ryan Balandra acted out a character in the Bible Trivia (Christmas edition) spearheaded by Ms. Leilani Duplito. The participation of the Chinese teachers in the carol singing is also one of the most-anticipated parts in the program.

Dance Club (Ms. Amruta as Teacher-in-charge) members and Band Club members (Ms. Apolline Lucyk as Teacher-in-charge) also gave their best Christmas performances.

The event was graced by Pastor Alex Pollack as he delivered a sermon reminding the essence of Christmas. Mr. Lee Teck Wah (Principal, BBS-PIK Secondary) also left inspiring words to students before they left for their respective holidays.

(by Jennibeth Loro)





# SEC 4 GRACE STUDENTS DOMINATED CHINESE SINGING COMPETITION

Ivany Lius Pangestu, Heunice Precious and Alessandra Sylvah Saleh—all students of Sec 4 Grace were chosen as winners in the group category of the Chinese Singing Competition held at the Kartini Hall on December 12, an activity in line with the Christmas Celebration of the school.

In a separate solo category, Ivany also got the first prize. Ivany, Heunice and Allesandra's rendition of 'Appointment' impressed the judges and earned a total votes of 36 votes. Ivany, meanwhile, sang 'Moonshine Lovers' which yielded a total of 37 points score. In the team category, Ivany's group was followed by JC1 performers, Stanley (JC1 Victory), Kelly (JC1 Zeal) and Madelyn (JC1 Victory) who reaped a score of 35.5 with their piece, 'In My Song'. Trailing behind is another Sec 4 group composed of Stacia Gracealea Hadi (Sec 4 Logic), Venny Fambriany (Sec 4 Peace), Christabel Clarissa Go (Sec 4 Grace) and Tiara Soemedi (Sec 4 Peace) who received 31 points for their Chinese version of 'Say Something.'

Non-winners included JC1's Tracelyn (JC1 Zeal), Thalia Fay Fardiaz (JC1 Victory), and Sophie (JC1 Victory) who sang 'Red and White Roses.' Cherish Angelica Suryat (Sec4 Logic), Melissa Florence, Jeani Oeikilisan (Sec4 Logic) and Vanessa Ivana (Sec4 Noel) also landed in the last rank with their medley. Both non-winners got a total of 29.5 points. In the solo category, Ivany was followed by Shania Chaitnando (S3 Peace) who sang 'How Have You Been.' She got a score of 32 points.

The third prize was given to Jessica Marvella (JC2 Grace) with a score of 31.5. She sang, 'Save.' Participants of this contest included Victoria Morgan (Sec3 Grace) with her song 'Exist' that garnered 31 points. Angela Ho (Sec3 Zeal) who sang 'Exist' got a score of 28 points. The competition this year, took the format of the famous contest reality TV show, 'The Voice' giving students for every class a chance to vote for their favourite contestant. Judges also flashed their respective scores, from 10-1, after every performance. (by Jennibeth Loro)





# NEW PREFECTS APPOINTMENT

A prefect is a student authorized to enforce discipline in school. Every year, BBS reinforces and trains kids with good morals who volunteered themselves to become prefects.

This school year, thirty aspiring student prefects attended the New Prefect Orientation and Camp for them to know their duties, at the same time enjoy games and other team-building activities. The New Prefect Orientation and Camp was held from September 14-16 under the supervision of Mr. Yustian Archilaus (Head of Aesthetics Department/Head of Student Development Committee) with the help of Ms Thilagam and Ms Amruta who acted as facilitators for the three-day camp

The aspiring prefects are as followed: Kevin Edbert Lim (Sec 1 Grace), Chrisenci Susanto (Sec 1 Grace), Ella Suita (Sec 1 Peace), Josh GB (Sec 1 Peace), Annabelle (Sec 1 Peace), Earlene Calysta (Sec 1 Peace), Copernicus (Sec 1 Truth), William Susanto (Sec 1 Truth), Kelly Nathania Isaac (Sec 2 Courage), Synda Aurelia (Sec 2 Logic), Celine Xavier Lestio (Sec 2 Logic), Gladys Mariska (Sec 2 Logic), Huang Jingya (Sec 2 Noel), Arwen (Sec 2 Noel), Sebastian Klemens (Sec 2 Victory), Trista Tantri (Sec 2 Victory), Isabelle Tay Jia Wen (Sec 3 Courage), Janice Marvel Rein (Sec 3 Grace), Jaqueline Lee (Sec 3 Logic), Bryan Elmer Molijono (Sec 3 Logic), Justine Meita (Sec 3 Logic), Brian Edmund Sutioso (Sec 3 Logic), Cecilia Lim (Sec 3 Logic), Grace Chandra (Sec 3 Logic),

Michelle Chandra (Sec 3 Peace), Leonardo Laurent Lim (Sec 3 Truth), Adam Nicholas Hui (Sec 3 Truth), Justin Fiore Limnarde (Sec 3 Truth), Brayton Lordianto (Sec 3 Truth) and Tiffany Suwarko (Sec 3 Truth).

On the first two days of the camp on Thursday and Friday, the prefect candidates enjoyed the activities from 3PM-6PM. They had an overnight stay in school on Friday of the second day. On the first day of the camp, the candidates assembled at the Kartini Hall and were introduced to the councils. They then proceeded to play a lot of fun and interesting games. Next, they were introduced to Mr. Pedro Basul, who then explained the duties and responsibilities of being a school prefect.

More exciting games were introduced on the second day. Some of these games include treasure hunting. After the games, participants returned to their quarters to rest. On the third and last day, morning exercises were held at the futsal field. Breakfast followed before participants enjoyed another set of games. A closing ceremony followed before they finally went home at 12:30PM. **(by Jeneva Susanto)**





# NEWS BITS

## BRITISH AUTHOR VISITS SCHOOL TO PROMOTE BOOK

General Paper 2 students and some GP 1 students gathered at the Chapel in August 16, Wednesday to meet and greet British author, Tim Hannigan, 37 as he promoted his new history book, *A Brief History of Indonesia*. The event was led by GP and EL teachers with the leadership of Ms. Mazlinda, English Language Head of Department with special guest Ms Malini Gopal, Academic Supervision Division (ASD) member of the BBS system. In appealing to his audience, Tim Hannigan discussed the relevance of non-fiction and the importance of facts in the creation of his book.

"You don't need fiction when there are real fictions in the world," he once answered a student who asked him whether he regretted writing non-fiction or not, considering the big market for fiction.

BS-PIK is one of the recipients of the free promotional Tim Hannigan books. Copies of the books are now in the Secondary Library.

*by Jennibeth Loro*





# 72nd Independence Day Celebrated

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written by Jeneva and Patricia

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Filled with pride and joy, BBS joined the whole nation in celebrating its 72nd Independence Day in the sunny day of August 17. Teachers, students and staff members gathered around the futsal field around 6.30 a.m. to enjoy the colourful celebration and fun-filled games. The honouring of the country's flag underwent an elaborate ceremony led by the School Colours. Vice-Principal, Mr. Samuel Effendy, shared a speech about this year's independence and the value of teamwork. Everybody was given a break to change attire and to warm up for the next most-awaited activity, the games. The games started off with enthusiastic cheers for one's respective Houses.

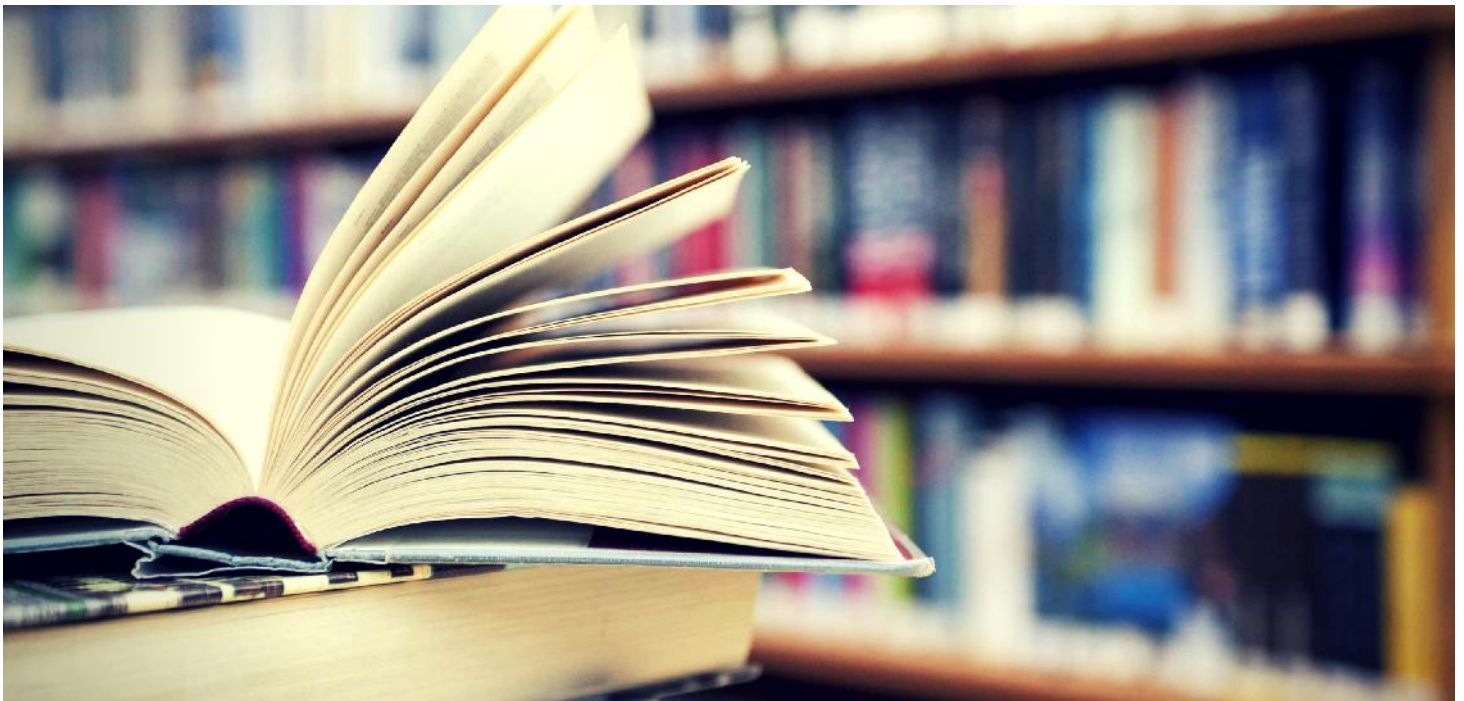
Everyone enjoyed the games such as the sack race, clog race, kerupuk eating contest, jelly eating contest, moving marble with chopsticks, and the contest in putting pencil into the bottle using one's mouth. In the Lower Secondary level, earning the first position was the Green House. In the Upper Secondary level as well as in the teachers' division, the Blue House got the first place. The event ended around 9.45 a.m. Students were dismissed to enjoy the rest of the day relaxing and appreciating their country's Independence Day with their loved ones. "Wonderful experience to hangout with friends" Kevin of JC2 Noel commented.

# Library Updates

## Let's Get To Know More About Our Library!

The library is a place where many BBS students study, read or take a short break. But do you know how many books there are in the BBS- Secondary PIK Library? In an interview, school staff-librarian Mr. Muhamad Taufik, announced that the library currently hosts a total of 2151 books. The school's latest purchase included 300 books from the famous Big Bad Wolf Fair. Included in the newest batch are fiction and non-fiction books as well as books in Bahasa Indonesia. Aside from books, the school has also added new furniture to make the library a haven for reading and studying.

Some of the new furniture consist of sofas and beanbags. Right now, the school is focusing more on the books but more of these comfortable pieces of furniture will be arriving soon. The school librarian also shared that a silent corner may be installed in the future. With these new additions, more people should come and visit the library to study and read! Mr. Muhamad Taufik started working in the school library around October 2015. He decided to work as a librarian because he likes to read and be surrounded by books.



All Different

All Equal

#ANTIBULLYINGWEEK

STOP

BULLYING

ANTI-BULLYING WEEK  
ACTIVITIES

All Different, All Equal. The Anti-Bullying Week held on August 28 to September 1, 2017, aimed to promote a safe school environment that nurtures every student with different personalities and backgrounds. A set of activities held by the Discipline Committee with its Overall Chairman, Mr. Craig Dickie initiated activities for all levels of the Secondary Department. He was joined by Ms Marissa (Co-Chairman), Mr. Hector who gave a lecture about bullying, Ms. Janet (Teacher-in-Charge for Video Making), Mr. Felix (T.I.C for Essay Writing), Ms. June (T.I.C for Poetry Writing), Ms Joanne (T.I.C. for Poster Making) and Ms. Tracy (T.I.C. for Awards and Certificates).

Students from Sec 1 to Sec 4 were enjoined to participate in the Poster Making Contest and Poetry Writing Contest. The Video Making Contest, on the other hand, was only open among Sec 4-JC2 students, and the Essay Writing Contest among JC1 students. Winners of the poster making contest were the following: Sec 1 Zeal (Secondary 1 Level), Sec 2 Victory (Secondary 2 Level), Sec 3 Logic (Secondary 3 Level), and Sec 4 Truth (Secondary 4 Level).

In the poetry-making category, the winners were: Clarissa Lestari (Sec 1 Truth), Jesslyn, Stephanny, Richard and Maxwell (Sec 2 Logic), Clarissa Gani (Sec 3 Courage) and Nadya (Sec 4 Peace). In the essay writing category, contestants from Junior College needed to write a 250-350 word essay reflecting their stand about bullying.

Raphael Judah (JC 1 Zeal) was the winner in this competition. The video making category required participation of all members in a form class as they were expected to contribute their thoughts and feelings in the content of the video. The winner for this category is JC 1 Zeal.

"Anti-bullying campaign sounds fun when I first heard of it.

The results of the activities exceeded my expectation," a student commented.

"I hope that next year's campaign will have new activities as well as new results."

"Poster making is so fun to do! Transforming feelings into art makes me feel warm inside."

All  
Different,  
All  
Equal!

BY CLARISSA GANI

WINNER OF THE ANTI-BULLYING WEEK FOR SEC 1

# ALL DIFFERENT, ALL EQUAL

by Clarissa Lestari Bongso from Sec 1 Faith

We all have the right  
To follow our dreams.

Isn't it right we shouldn't judge in looks,  
Comparing ourselves to other people? Be  
yourself,

Don't be scared.

We are not always here to compared. We  
are equal!

There is no one like us on the earth.

We are special

Everyone is valued the same amount of  
worth.

We are all on the same level.

We are all different and equal.



## BINA BANGSA SCHOOL, PIK (SECONDARY/JUNIOR COLLEGE) WELCOMES 18 NEW TEACHERS

Eighteen (18) new teachers were welcomed in the BBS-Secondary and Junior College on the first semester of the academic year 2017-2018.

Mr. Evan Arden teaching Life Skills and Ms. Dumaria Sihombing, the new teacher for Bahasa Indonesia joined the Aesthetics Department. The English Department welcomed Ms. Ma. Kristina Viado Vasquez, Ms. Pooganewari Sheram Pillai and Ms. Dionne Yeng. The Chinese Department also welcomed Chi Chih Yun, Wu Yu Hsuan, Yue Zhen Jiang and Zhuang Ying to their team. Five teachers were newly hired in the Science Department—Ms. Chandira Anjaneyulu who teaches Chemistry, Ms. Joan Major Ventura (Physics), Ms. Vanessa Andam (Science), Ms. Yulia Kriswanti (Biology) and Elakkumanan Alagan who teaches Biology.

In the Mathematics Department, there was an addition of two more teachers namely, Ms. Jannet Toquero Redoban teaching ICT and Ms. Roxan Suicon Villanueva teaching Mathematics. The Business Department welcomed one teacher, Mr. Arief Wibowo teaching Economics and Mr. Lewis Ashal for Accounting classes. To date, the BBS-Secondary Junior College Department hosts 82 members of the teaching faculty led by School Principal Mr. Lee Teck Whah and Vice-principal Samuel Dwioktorianto Effendy (VP).

**ONE CHILD, ONE TEACHER,  
ONE BOOK, ONE PEN CAN  
CHANGE THE WORLD --  
UNKNOWN**



# WHAT IT TAKES TO BE AT THE TOP

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*REYNARD, CLASS  
VALEDICTORIAN OF JC2 CLASS,  
BATCH 2016-2017, SHARES TIPS  
BEHIND HIS SUCCESS*

**DETERMINED AND FOCUSED. HUMBLE AND FRIENDLY. REYNARD, 17, TOPPED THE JC2 CLASS OF 2016 IN BBS-PIK AMIDST THE RIGOROUS TRAINING OF BINA BANGSA PIK, AN ESTEEMED SCHOOL OFFERING AN INTERNATIONAL CURRICULUM.**

August of 2017. It was the month of waiting for college entrance exam results. Reynard felt it as a transition period of his life, as a BBS student to a life waiting ahead of him in his next school. He shared that he was planning to either enroll in a university in the United Kingdom (UK) or in HongKong University and would like to take up a degree related to Finance and Computing.

“To maximize what they can offer...as it opens me to wider opportunities,” he reasoned. Despite change in his environment and the new phase he was about to enter, he was glad to share that he was still in touch with his friends. “Friendship is an asset. I wish I could spend more time with my friends,” he said as he remembered last year when most of his classmates would be absent from school to work on their paper at home.



Now that they have already graduated, he shared that he and his friends still managed to hang out. They also communicated through Skype. To him, his classmates hold a special place in his heart as they grew up together and have been in the same class since P5. Setbacks Reynard got 5As and 1A for English. In spite of these achievements, he admitted that he still had some setbacks. He narrated that it was in JC1 when his grades went into a free fall that had resulted him being only in the second rank in his batch. It was also in these trying times that he felt that teachers were doubting his capabilities as an A-lister.

“I think I’m at the peak and that’s why I don’t have to work hard anymore,” he said as he revealed that he started exploring and being active in non-academic activities. He got involved in music and sports-aspects that he had not focused in his entire student career in BBS.

Looking back, he was still ‘thankful’ for that phase and considered it as his best moment in BBS—a time that had changed his mind set in myriads of ways. “I got to do things which I like...I met more friends,” he revealed. After JC1, however, Reynard decided to change his ways and used his poor results as a crucial learning experience. He then changed his schedule and made sure to prioritise his academic subjects over everything else even if it would mean spending less time with his friends. Advice to Students Here are some pieces of advice that we can learn from Reynard: Find a motive for learning This A-lister thought that studying would be more meaningful if we think of a deeper purpose than just having the desire to be in a good university. He suggested to learn for others and share the knowledge for the common good of the community.

## **GET INTO GROUPS FOR COLLABORATIVE LEARNING**

Group study fosters teamwork,' he said. "It is only in groups that one can learn and discover more." On a more personal note, Reynard talked about his interests that further improved him as an individual. He likes reading news and foreign affairs and learn from the conflicts and the value of diversity and plurality. He also does not like playing video games. Instead, he likes watching soccer matches. He also allocated only an hour or two for social media in his daily routine. He is most confident in Maths and Physics and considered Mr. Rufes Kirubakara Doss Charles to be his favourite teacher.

Mr Rufes imparted on him the best lesson that he ever learnt: "There's something more valuable than competition, that is teamwork." Reynard shared that he has many best friends. He is the middle child among three siblings in his family and he has never felt lonely growing up. Currently, he is enrolled in the University of Hong Kong pursuing Bachelor of Science in Quantitative Finance with a full scholarship.

**"Friendship is an asset. I wish I could spend more me with my friends."**

## **INVEST FOR THE LONG TERM**

He considered social interactions with great friends as an investment. He also advised that we should value time and cherish moments with friends, teachers and the school. After graduating from BBS, he said that he missed the buildings, the classes, the surroundings that he was immersed in for a long time.







## OUR SCHOOL TRIPS

# MEMORABLE MALANG



By Clarissa Gani

On the first day of the Malang Trip, we departed from Jakarta Airport around 5 AM bound to Surabaya. We arrived there at 7am and first took a 3 -hour trip to Batu, Malang. The lunch at a local restaurant afterwards was the best reward after the long trip. Then, we got ready to visit the museum Angkut. Museum Angkut houses the oldest collection of automobiles and cars. We spent an hour there marveling the antique collections before we headed to Batu Night Spectacular. It is an amusement park, with lots of attraction such as Laser Tag, a real life gun battle between two teams. Then we headed for dinner at a local restaurant before heading back to the hotel to rest for the night.

Our hunger satiated, we then headed to Jatim Park II and Batu Secret Zoo, tourist attractions that are both connected. We went there to enjoy history, as well as experience the joy of seeing zoo animals that are nearly extinct.

On the last and third day, we waited a bit longer before we went to our first destination, the OEN Ice Cream Shop, around 10 o'clock in the morning. There, we spent an hour to enjoy all the enticing ice cream varieties such as Mocha and Cocoa ice creams. We started getting ready to depart from Malang and did a 3 hour ride to transfer ourselves to Surabaya before flying back to the metropolis. Although the original plan was to have a trip to Bali, it was cancelled due to the dangers of an impending volcano eruption. Still, the Malang Trip was worth it, and we still got to enjoy the time together with friends, classmates and teachers. This trip will forever hold a precious place in our memories.

On the second day, we received the wake-up call at 6am and had our hotel breakfast. Rejuvenated, we headed to Kebun Apel (Apple Farm). There we spent about an hour and a half to pick apples that taste delicious and refreshing. Then, we went to have lunch at a local restaurant.





# FUN AT JOGJA

BY NICHOLAS CHAIRNANDO AND SANS EDWARD TJANDRA

It was in September when we knew that we are going to Jogja. We were excited because it was our first time to visit the iconic place..

Yogyakarta, one of the most well known cities in Indonesia , is famous for its ancient temples and history . The trip started on the 9th of October 2017 Thursday . We were very happy to leave school and to have a break from studying. We boarded our plane around 8am and arrived at Jogja at 9. When we got there , we took a bus going to Ulensentalu.

There we learned about the history and tradition of Jogja. Later on that day, we went to Candi Prambanan, a famous Buddhist temple in Jogja . After Candi Prambanan, we also went to one of the main roads in the city called Malioboro. The road was very crowded and full of shops, some of them sell *oleh-oleh* representing Jogja.

But first, let me talk more about Candi Prambanan . The temperature was hot when we went there. When we came closer to the temples, we had observed that they were made of stone. There were a lot of people visiting Candi Prambanan. It was so wonderful that we cannot help but make some noise and loiter around the place, which, unfortunately ended up with security guards scolding us.

On the last day of the trip, we went to three places. The first one is a batik factory. There, we learned how batik was made, and we also got the chance to make our own batik . Then, we went to Keraton where the sultan of Yogyakarta used to live. We learned about the sultan's life . The last place that we went to is Candi Borobudur. The temple was breathtaking as it was filled with statues of Buddha. At that time, it was so crowded with tourists. After that, we went to the airport and went back to Jakarta. The trip is one of the most memorable moments in my life.

# JOGJA TRIP 2017

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TRAVEL MAKES ONE MODEST, YOU SEE WHAT A TINY PLACE YOU  
OCCUPY IN THE WORLD.

*Gustave Flaubert*



# MOVIE REVIEW

by James (Jc1 Victory). Film Club

## **Captain Fantastic: Will Unconventional Parenting Work In Modern Societies?**

A movie both written and directed by Matt Ross, *Captain Fantastic* is a drama movie known for its commentary on current parenting of modern societies. According to reports, this movie holds an autobiographical streak as it is inspired by Matt Rose himself as he questions the value of his and his wife's parenting decisions.

Fictional characters, Ben Cash (Viggo Mortensen) and his wife Leslie (Trin Miller) have beliefs that rebelled against the government, and therefore have decided to detach themselves from the system and move to the depths of the Washington forest with their six children. There, they raised and educated them with their own curriculum. Unfortunately, Leslie got hospitalized due to a mental illness which ended in suicide.

Tension mounted when Ben took his kids on a road trip to the wilderness, instead of attending his wife's funeral, a move that reflects his liberal views. The road trip then acted in so many symbolic levels and had projected the couple's ideology in such a way that these big ideas were not forced or shoved down your throat. And, though it had gone through this experimental treatment of discussing its theme, it did not wander off and lost focus.

The characters in the movie also reinforced their outlandish mindset such as when Bodean (George Mackay) got awkward with every girl he met. He, however, developed his confidence over time and eventually confronted his father, Ben about his future and his prospect of accomplishing university studies. Rellian (Nicholas Hamilton), meanwhile, wanted to stay with his grandparents since he blamed his dad for his mom's death. The characters, in general, had this looming surreal, sad tone due to Leslie's death, but still managed to bring charm across the movie especially in the chanting scene with the policemen.

Unfortunately, all set pieces, music, and costumes are pedestrian in a way that they did not succeed in making a lasting impression and appeal on me weeks after I watched the movie. Other kids in the movie may have a lasting effect if they had been given more personality, though there is no question of the solidness of the portrayal of the main characters, Bodean and Rellian. All in all, *Captain Fantastic* is a great movie with a clear message showing the pros and cons of leading an unconventional parenting style. Its cast is charming, believable (aside from the kissing scene, though) except for the minor characters who appeared generic and who lacked personality. I give it a 4.5/5.

# SPORTS

## RED HOUSE PIK DECLARED CHAMPION IN 13TH ANNUAL BBS SPORTS DAY EVENT

BY JEN

The Red House of BBS-PIK was hailed as the overall champion of the 13th Annual BBS Sports Day Event held on November 1 at the Mega Kuningan Stadium. With 94 points, the Red House (PIK Secondary Campus) led the pack. It was followed by the Yellow House of BBS Kebun Jeruk Secondary Campus with 74 points.

The Green House (PIK) landed on the third spot with 71 points. On the 4th spot was the Green House (KJ Campus) with 69 points followed by the Blue House (PIK) in the 5th place with 68 points. The Yellow House (PIK) trailed behind and landed on the 6th place with 64 points followed by the Blue House (KJ) with 23 points.

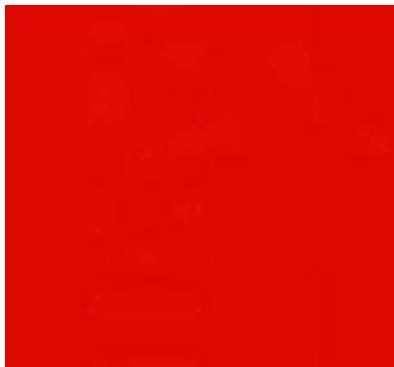
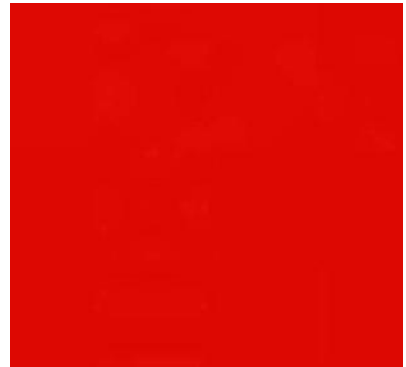


And last in the list is the Red House (KJ) with 20 points. The 13th Sports Day event covered all track and field events in both individual and group categories, and was participated by both students and teachers from the four competing houses (Red, Blue, Green and Yellow House) of BBS-PIK and BBS-KJ Campus.

Included in the group category are the following games: 4x100-Meter Relay (Boys Category), 4x100-Meter Relay (Girls Category) and the 4X100-Meter Relay (Teacher's Run). The running competitions included in the individual category are: 800-Meter Run (Girls Category), 400-Meter Run (Girls Category) and the 200-Meter Run (Girls Category).

# BBS SPORTS DAY

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SPORTS TEACHES YOU CHARACTER, IT TEACHES YOU TO PLAY BY THE RULES,  
IT TEACHES YOU TO KNOW WHAT IT FEELS LIKE TO WIN AND LOSE-IT  
TEACHES YOU ABOUT LIFE.

*Billy Jean King*

# THE SCHOOL'S WONDER WOMAN

She knocks her enemies down with uncanny strength, her cunning intelligence outwitted dangerous villains and once again restored peace and balance to the world. Wonder Woman is surely a heroine to look up to. In the real world, you don't need to be born from superhero parents, train with the Amazonians to acquire excellent warlike skills or be at war with aliens to make a difference .

# WONDER



# WONDER WOMAN

In your own, unique way you can be your own Wonder Woman. This year, 40-year old Ms. Rosilie Nacario Lim of the ICT Department showed Wonder Woman like powers as she showed her exceptional stamina and speed in running and made a mark as the winner in the BBS PIK Run for Fun 2017. She was also hailed 2nd placer in the Charity Run Fest '17 (10KM-category) and 7th placer in the JCO Run (10-KM Category) . With her overflowing enthusiasm in promoting fitness, many followed her example and have joined the teachers' running group; Solemates and in her running CCA. Let's get up close and personal to this Wonder Woman as she shared some information about herself.



### HOW LONG HAVE YOU BEEN JOINING MARATHONS?

7 years and counting and 3 years for triathlon but I only started competitive racing 3 years ago.

### WHAT IS YOUR DAILY REGIMEN TO MAINTAIN YOUR SPEED AND STAMINA IN RUNNING?

In my hometown, I practically trained 1-2 hours everyday running, swimming, biking and other cardio exercises. To keep the interest going, I do varied runs like the sprint, tempo and long runs every week. I am also doing cross trainings with swimming and other cardio exercises like Zumba and HIIT.

### LET'S TALK ABOUT THE CHARITY RUNFEST. WHAT PREPARATIONS DID YOU HAVE BEFORE THE RACE?

Ran every other day with target speed, time and distance every week. Every weekend, I covered 10 - 15KM within target time. Focused on diet to run light. Did running drills almost everyday.

Cross trained through swimming and HIIT for strength and flexibility. I also train with my fellow teachers.

### ANY ADVICE FOR STUDENTS WHO ARE INTERESTED IN RUNNING OR ATHLETICS?

I was never an athlete when I was a student as I focused only on academics. But sports taught me different things discipline, hard work, patience, My father taught me this mantra, "An Idle mind is an evil mind." So, I manage my time well in work, sports, and family life. Prioritization and perseverance will make no room for excuses. May it be in life, studies, work or athletics, hard work pays off. Whether I am feeling sad or happy, I run to reflect on or celebrate life. Winning is only a bonus, but the journey of training alone or with your colleagues makes the experience all worthwhile. Have a support or common group. If you think training alone can be a drag, invite your family or friends to join you, this will make your interest in any sport or hobby more fun and sustainable.





**ARTWORK FROM  
MS. GABBY'S IGCSE  
ART AND DESIGN CLASS**



# TERM 3 中国人新年活动 CHINESE NEW YEAR CELEBRATION

为了加强校建设并丰富全校教师之余文化生活，并在中...日春...来...之...我校于2018年2月15日上午隆重举行了中国人新年庆祝大会。

庆祝会开始前，李校长发表了热情洋溢的致辞，李校长充分肯定了过去一年所取得的成就并对大家为学校发展付出的辛勤劳动表示感谢并代表学校向大家致以新年的祝福。彩灯映着笑脸歌声伴着笑声，在一阵阵欢快的舞蹈拉开序幕之后，整台晚会拉开了序幕。舞蹈、合唱、独唱、走秀、抽奖等多个精彩节目亮相。每每看到精彩的表演都以热烈的掌声和喝彩声。演员们用音乐唱着新年的喜悦，用舞蹈表达着共同的祝愿。欢快的舞蹈，悠扬的歌声，尽情的展现了培民学校朝气蓬勃、锐意进取、积极向上的精神风貌，不仅全校增添了喜庆祥和的节日气氛，也迎接2018年的到来而送上了一份新年礼物。



# 大家来学中文 LET'S LEARN MANDARIN!

金秋九月，第一届培民学校“大家学中文”摄影大赛落下帷幕，凭借扎实的功底，以及同学们的积极参与，培民学子积极参与比赛选拔，最终有多支优秀队伍入围到了最后的评比。本次比赛一评比，将选手的摄影作品与大屏幕完美融合，在极大的程度上保证了比赛的即时性、真实性，保证了评比的公平性。在制作中，培民学校的学生积极联系自己的老师用自己的方法，积极教授自己的老师学中文，各具特色，方法层出不穷。其评比的结果并不是最重要的，我们更加希望本次活动可以成为他们学中文梦想的一片天地和新的起点，也希望通过本次活可以引起更多人对于文化，语言的关注和。让更多的人体会到中文的美和中华文化在一代又一代的传承中越走越远。





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