



Alumni Newsletter

August 2023 ♦ ISSUE 28

IN THIS ISSUE:

Alumni of
the month
page 2

SJIS Alumni
Futsal Competition
page 7



COLLABORATIVE PARTNERS



IMPERIUM
INTERNATIONAL COLLEGE



Alumni of the Month

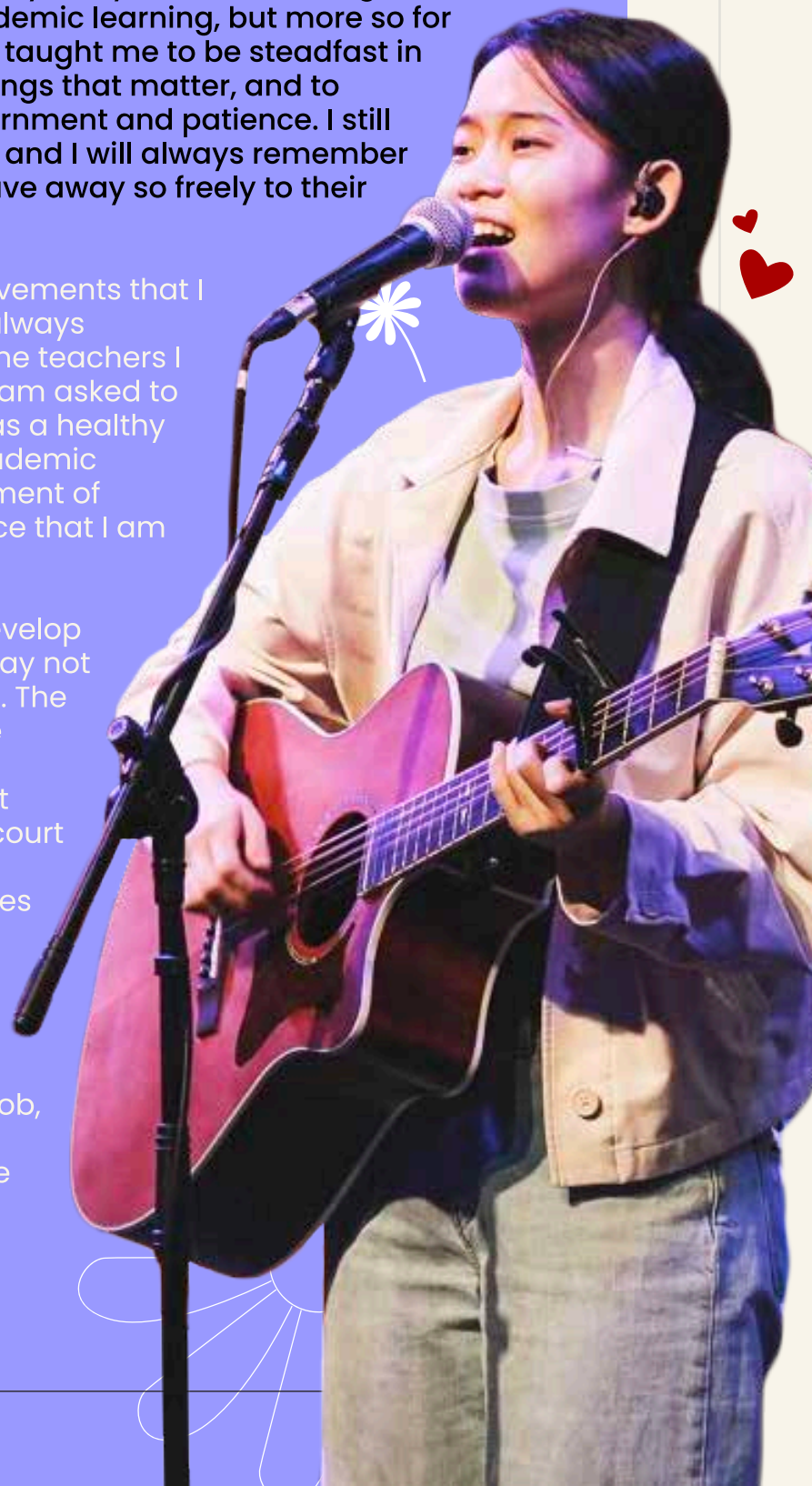
ZOE WONG



During my schooling days at SJIS, I was blessed with two teachers whom I regarded as my mentors – Mr Hamed and Mr Ebenezer, my Economics and Chemistry teachers respectively. They both made a significant impact on my life far beyond academic learning, but more so for personal development. They both taught me to be steadfast in my values, to work hard for the things that matter, and to always make decisions with discernment and patience. I still carry these values with me today, and I will always remember their servitude hearts that they gave away so freely to their students.

Rather than speaking of the achievements that I procured while I was still in SJIS, I always expressed my gratitude towards the teachers I had while I was in SJIS whenever I am asked to describe my high school. There was a healthy balance between pressure for academic excellence as well as the development of character, of which is an experience that I am proud of.

I believe that SJIS helped me to develop several valuable soft skills that I may not have realised while I was in school. The school environment may not have been impressive in size or number (with its cosy little tennis court that ended up being a multi-purpose court for all sorts of activities), it was well-equipped with all the resources that we needed, particularly in teachers that went beyond their job scopes, and classmates that pushed each other to excel. After about 8 months into my job, and even though it's only my first job, I'm currently on the track for a promotion due to my performance and attitude.



I'm currently working as a Copywriter/Marketing Executive, and it's my first job after completing my degree. Initially, I planned to do a Master's programme in Counselling and to practise as a counsellor/therapist. I changed my mind later as I realised that it would be wiser to gain more experience in the corporate field and explore my interests before proceeding with my interest in Psychology and Counselling. Apart from the field in mental health, I also knew that I was interested in a role that would allow me to grow creatively and analytically. Coupled with the fact that I had always been passionate about writing creatively, I began looking into the Marketing field, and landed my current job at Onecare on the same day I applied.

I love that there are always opportunities to grow in my career - even though I do not have much experience, my team leaders are always teaching me something new by entrusting me with different projects. I am also blessed with a great team with a wonderful culture of understanding, patience, and respect, and my team leaders are always there to teach and guide me through difficult tasks. I also love the fact that I get to have a healthy variety of creative and analytical tasks, which keeps me engaged.





5 Daily Habits for *Mental Wellness*

01

I wake up at 6am every morning to do my morning devotions and prayer, which helps me to learn more about my faith and prepare me for my day ahead. It always helps to reduce some of my anxieties.



02

I always make a nice breakfast for myself - it gives me something to look forward to, which helps me to go to bed earlier and wake up feeling a little more motivated. It's never anything fancy; it's just the fact that I put in effort to make something nice for myself that helps boost my mood.



03

In the morning, before I head off to work, I write down at least 1 thing I can do to help someone or brighten someone's day - it can be as simple as complimenting someone's outfit. Ever since I added this to my routine, it always puts me in a better mood.

04

I commit to putting aside quality time spent with my family and friends outside of work at least once a week, no matter how many tasks or responsibilities I have. I find that being around the people who love me recharges me as they share my burdens, and they always give good advice. Being able to be there for them when they need me also gives me a sense of purpose.

05

I make sure to have enough time to be by myself, usually at least an hour before I go to sleep. This is the time that I get to reflect and process what has happened throughout the day, or time for me to just have fun with my hobbies such as singing or watching a movie. It may mean having to say no to some things to make this happen, but I find that this practice really helps me to relax and make better decisions the next day.



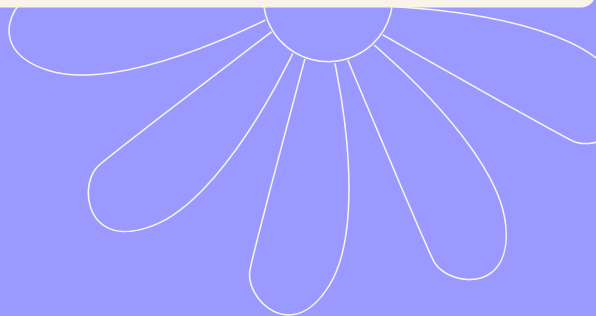
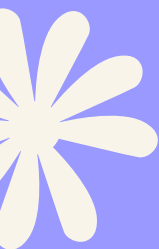


Please share any mental health situations you have dealt with

I struggled with my relationship with food in high school. I remember I would only eat an apple for lunch, and I was pretty much emaciated for a while. I have since recovered after choosing to speak out about it and being vulnerable about it with people that I trusted, and I am doing much better now.

Body-image issues such as body dysmorphia, anorexia and bulimia are, unfortunately, more common than most of us think, which is one of the reasons why I struggled so much with it. If I had known at the time that I wasn't the only person suffering from being overly self-conscious and being unable to love the body that I was given (which I think most teenagers can relate to), I think it would have helped me to heal much faster.

Hence, my advice is to look for someone to talk to about your struggles, if you're struggling - bringing light to the problem will make it much less intimidating and suffocating than if it was left in the dark. This applies to any type of struggle; whether it's with body image, grief, or shame, find someone you can trust to speak about this. At the same time, be the safe space that you would have wanted to have when you needed someone. Being kind, vulnerable, and gentle is the antidote to a lot of situations like this.



Alumni of the Month

CHEW LI ANN

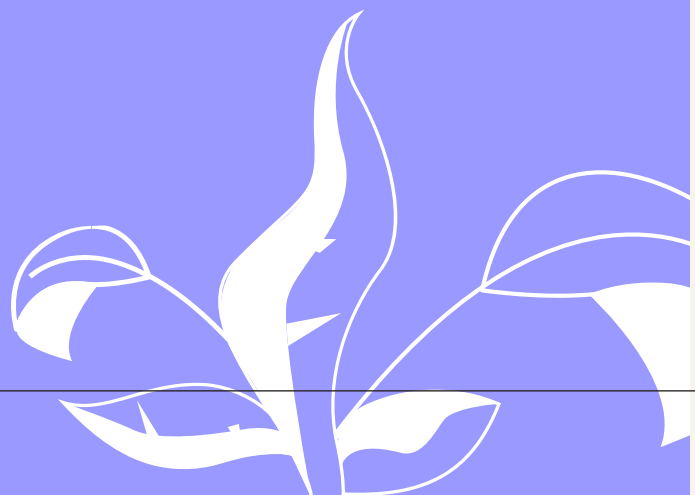
Many people might answer things like learning experiences or anything more educational, but my favourite aspect of SJIS has to be the individuals I met there. There was never a dull moment during my five years at SJIS, and I will be eternally thankful to my classmates for making it so

Winning gold in MSSWPKL doubles was the proudest moment of my schooling days, in my opinion. It was the only time I'd ever won a tennis tournament, and I owe it all to my partner.

I enjoyed being a member of the SJIS Nature Club. We did a lot of enjoyable things throughout my time there, and I'm sorry we didn't get to do more due to the covid.

Speaking out in class was undoubtedly one of my major challenges. Something about class time makes me completely silent. And not the 'be quiet because class is in session' variety. If I was unsure about something, I would not even ask a question. I've progressed during my time at SJIS and aim to finish it by the conclusion of the semester.

The next stage in my career would be to finish my three-to-four-year degree and, perhaps, a Master's degree to obtain a licence to practise psychology.



Alumni Event
Futsal Competition



BRING IT!

SJIS ALUMNI FUTSAL

COMPETITION

24 JUNE 2023



On the beautiful, sunny morning of 24th June 2023, our SJIS Alumni returned to school for an exciting Futsal Competition, organized by St John's International Secondary School in collaboration with 1GOAL International Sports Academy. It was a friendly match between our Alumni and the students of 1Goal Academy. A total of 5 Alumni teams participated in the competition against 2 teams from 1Goal Academy.



After 21 exhilarating matches, Pro Aspirants from 1Goal emerged as the champion, with our Alumni team MOFC following close behind as the runner-up. The winners won the Championship trophy, a **free training session with 1Goal Academy**, and a full set of **Arora Sports Malaysia football attire** sponsored by **Mr Aneel Arora Singh**, who is also one of our esteemed alumni!

The awards ceremony took place on the futsal court, and all the teams cheered and applauded as each participant received their certificate. We are so proud of our Alumni team for displaying outstanding sportsmanship!

The Futsal Competition was indeed a success as we got to bring SJIS Alumni together again and strengthen their bonding with each other. We hope that our Alumni will continue to participate in the activities we plan as it provides an opportunity to maintain a lifelong connection with each other, share experiences and expertise, enjoy exclusive offers, events, networking, and volunteering opportunities.

See you at the next event!

SJIS Alumni Upcoming Events and Activities



**ST. JOHN'S
INTERNATIONAL
SECONDARY SCHOOL**

Supported by
**SUNWAY
MEDICAL CENTRE™**
Velocity • Kuala Lumpur




**SJIS
SUMMER
CAMP
GAME ON**

26TH AUG 2023

www.sjis.edu.my

- Student Art Showcase
- Fun activities @ Board games
- Fireless Cooking Demo by Celebrity Chef Dato Fazley
- FREE health check-up
- Brain training with Maths & Science
- 12.00 pm - Drone house
- Fun & Fit - Yoga
- Self-defence Workshop
- Spelling Bee






POWERED BY
MAA GROUP BERHAD

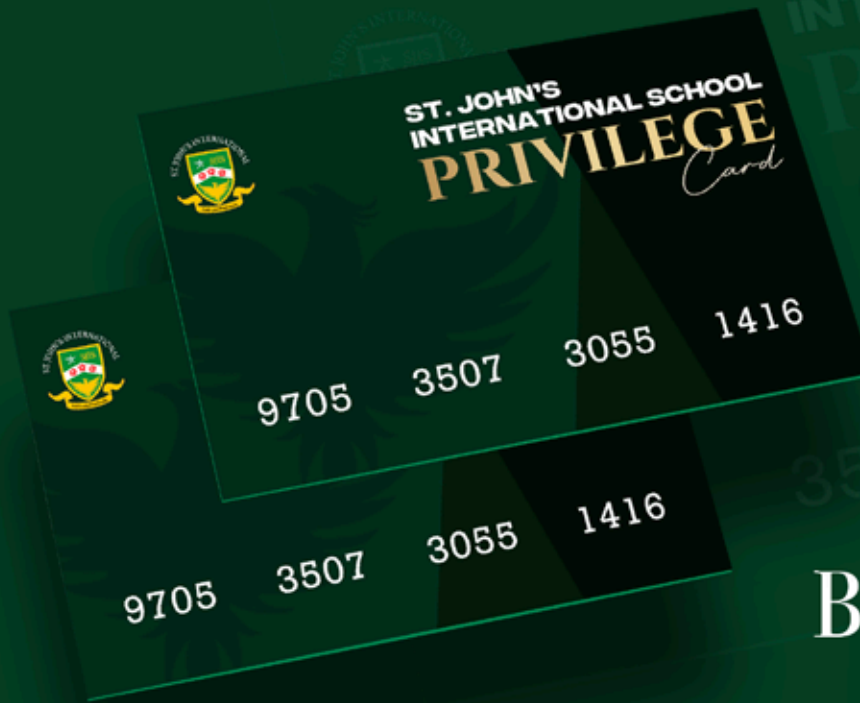
**“WHAT’S NEXT?:
My Journey
After SJIS”**

Feeling lost about your path after graduation? Hear from our Alumna, Zoe Wong, on her experiences and insights!



FOR ALL YEAR 10 STUDENTS!

Date : 16th August 2023
Time : 2:00pm - 3:00pm
Venue : Level 16, SJIS
Speaker : Zoe Wong (Batch 2016)



SJIS PRIVILEGE CARD

Brand new outlets
coming your way

The SJIS Privilege card entitles its members to discounts and other benefits as notified by SJIS to the members from time to time.



THE OLIVE TREE GROUP

Employees working for our partners will be able to enjoy the benefits as stated below.

- > **15% off** all F&B (except promo items)
- > **Special Happy Hour** price for staff's all day
- > **Special Monthly Promos** designed specifically for staffs
- > Exclusive Events (Free Invites)
- > **No Cover Charge** if Company ID is shown at the door
- > Applicable to all outlets under **The Olive Tree Group** except for *Luca*



NOSH & CO

Employees and Alumni for our partners will be able to enjoy the benefits as stated below.

- > **15% off** all F&B for Lunch and Dinner (except promo items)
- > **Special Promos** designed specifically for staffs