



Alumni

Newsletter

June 2023
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Alumni of the Month

Yap Vikki

Batch 2022

My favourite part of my SJIS experience was the closeness and rapport building between the students and teachers. In class, we respected the teachers as it was still a student-teacher relationship after all. However, outside of class hours, we got to share our interests and thoughts with our teachers like close friends. I also really enjoyed being a part of the Cambridge sport house committee for Sports Day. Although some conflicts arose as we had limited time for planning due to the pandemic, we overcame the challenges as a team, which really brought us closer to one another. After Sports Day, there was visibly more camaraderie among the Year 11 students of Batch '22 as we had really bonded through Sports Day.

On the other hand, one of my biggest challenges was time management. As I was also involved in sports (rhythmic gymnastics), I had the responsibility to attend regular training sessions and complete all my schoolwork at the same time. To do well in both my studies and sports can be really challenging as my schedule was packed to the brim. There were even times where I would have to miss school to participate in competitions and had to catch up with my studies later. Thankfully, my friends were all really helpful to me, and my teachers were also very understanding of my commitments. In addition to studies and sports, I was also active in clubs. I was the President of Interact Club, and through that position, I have learnt to organize events and delegate tasks to my team members, which helped to enhance my organization and leadership skills.



As this is the sports issue, I would love to talk a little about my experience as a student-athlete. I personally think that there are a lot of benefits to being a student-athlete. The most important ones being, developing time management skills and a sense of responsibility at a young age. More often than not, student-athletes have to make sacrifices for our dual roles, and it is really challenging to do well in both studies and athletics. We are expected to show up to training right after school, and then complete our school work after training. Whereas other students may have time to hang out with their friends or go to malls after school. Despite the difficulties and challenges, I believe this will allow student-athletes to be more responsible because we must learn to prioritise and delegate our time appropriately.

To be completely honest, sometimes when things get tough, I would have thoughts of giving up as it can be so exhausting to balance both my studies and my sport. Fortunately, I have people around me who are very supportive and encouraging. They would always give me words of encouragement and offer help when I am feeling overwhelmed. So, I would definitely say that the support of everyone around me is what really keeps me motivated to continue going on.

Another challenge for me was sometimes, when I see a particularly strong competitor, I would have doubts about my own abilities. My mum, who is also my coach, once told me that, **"your goal for this competition is to compete with yourself, to do better than last time, to improve yourself. Never let other people affect your mood and your performance."** That has stuck with me ever since, and I consider this is one of the best pieces of advice I have gotten in my sports career. Mom truly knows best!

Currently, I am working as a rhythmic gymnastics coach. Having been in this arena for almost my whole life (12 years in rhythmic gymnastics and 15 years in ballet to be exact!), I am happy to pass on my knowledge to the younger generation. I really enjoy watching my students grow, and it gives me great satisfaction to witness their improvements. Other than that, I was also given the opportunity to be a camp coordinator, as well as the secretary of a rhythmic gymnastics international competition. I am so grateful that I could apply what I have learnt while organising events for Interact Club at SJIS, in my current career.



Alumni of the Month

Ethan Ng Jia Le

Batch 2021



Being a part of SJIS, and becoming a La Sallian student was a whole journey from the beginning – the environment, the atmosphere, the teachers, and the friends I made along the way, all played a part in my SJIS experience. My favourite part was being part of a community, and meeting new people along the way. This may not sound very unique or exciting on its own, but I can elaborate! When I first joined SJIS, suffice to say I never had the experience of studying in an international school, so naturally, I was full of expectancy and excitement.



Progressing through each year, I gradually became part of the school community. Whether it is holding a small position, such as a class monitor, or having bigger responsibilities, such as joining the SJIS Interact Club to organise and carry out charitable events, these were the best parts of my high school life. Through these events and activities, I made new friends, led a team, and connected towards the same goals. I also made many, many mistakes along the way. I believe these experiences had helped me grow as a person and broadened my perspective by showing me that there is more to life than working alone, and that you can accomplish so much more when you work with your team.

Other than that, one thing I absolutely loved being a part of was the role of a prefect. It was a role that I admired from the first day of high school due to the sense of responsibility, and maybe a tad bit of jealousy as well, because prefects were able to get to the canteen earlier. All jokes aside, it was a respectable position, but also one that would take up a great deal of commitment and dedication. I was fortunate enough to be able to succeed in the prefects' interview and became one myself. It was a great experience and opportunity to be able to serve and lead, guiding the new students in school, advising them, and working with my fellow prefects.

My current position in college is assistant event organizer of the ADTP Union as well as publicist of the Student Representative Council. The learning curves I had in high school built me to be the proactive and adaptable person I am today. I do enjoy multitasking, collaborating with others, and planning events, so being an event organiser is the perfect role for me. As an adventurous person who loves to try new things, I have also decided to put myself forward and try out new roles like being a publicist.

While multitasking is my strength, my biggest challenge would be time management. Though I have improved significantly since SJIS, it is still something I am working on to better myself. I can totally understand and relate to anyone, especially the SJIS students reading this, when they say they procrastinate. The insufferable nag of an impending task that you know has to be done yet you still get sidetracked and distracted, can affect your studies, work, and even your everyday life. Procrastinating is a bad habit and tough to overcome, but it isn't impossible. Change is something that can only take place when you decide to do it, all you have to do is take the first step.

For me, I try to avoid procrastination by applying methods such as keeping a journal, preparing a task list, or utilising the study planner which SJIS provided during orientation – The Success

Planner! Some found it unhelpful, and some did not use it. As for me, I used it throughout my entire high school life at SJIS, and I really appreciate the handy timetable which could be easily rewritten with a marker, and a schedule for day-to-day use. I used it to the fullest extent and it helped me immensely to adjust my schedule, especially as a student-athlete, and setting my studying times and break periods.

Speaking of student-athletes, I would like to share my experience as one. Ice hockey, the sport which has been the sole focus of my life since I was seven years old and the absolute foundation of my character, is peculiar and unique in the sense that you would never have imagined this sport in our tropical country. If that wasn't already mind-blowing, I was also representing Malaysia on a national level. So, as you can imagine, it consumes a significant amount of my time. My training hours were usually close to midnight, so I had to push myself to manage my time in this manner throughout my life.

There were several occasions where I had to miss several school events because of my sport, but I still put my education first. I would mindfully arrange my schedule for practices or tournaments to not coincide with examinations or leadership events, because education is still my utmost priority. Not only that, the teachers at SJIS were my absolute saviours. They were not only understanding about my situation, they even offered me extra classes and allowed me to stay back after class to ask them anything about lessons that I may have missed out



When things get tough, which they often do at any moment in your life, my biggest advice is to not turn on yourself and hate yourself. No matter what happens, do not hate yourself for the things you go through, or dislike yourself for not having the capability to get through something quickly, be it emotionally or physically. Maybe there is an immense amount of tasks pending on your to-do list, or maybe you had spilled water onto your essay which you had put so much time into, remember this: it

is never over until you decide it is. I know it hurts when things do not go your way that day, or that you have lost something you thought you had a grasp on. At the end of the day, you can either give in to the guilt and loss, or you can pick yourself up and start over.

In the midst of it all, two things kept me going, and that was proving people wrong, and my mom. I know these two things sound completely irrelevant but together they pushed me to keep going. As you move forward in life, there will always be people who make you doubt yourself or even talk behind your back saying you're weak. Remember the anger and turn it into your motivation to prove that you are more than what they think. As for my mom, she has been, and still is, my greatest comfort and motivator. Although I still have my moments where I speak without thinking, she is still there to comfort me and remind me that I am not alone. In conclusion, remember that you are never alone, especially during tough moments of your life. You are loved, by your parents, by your family, and by your friends. So keep going no matter what!

Alumni of the Month

Kuan Jun Han

Batch 2019



My teachers at SJIS were all awesome in their own way. If you're looking for someone who had a profound impact in my journey throughout SJIS, I would say that it's one of my teachers in A-levels, at the Pre-U center. I started my A-levels back in 2020, which unfortunately, was the beginning of MCO. Things were tough for everyone since we were forced to adopt an unorthodox way of learning. On top of that, staying at home daily was excruciating for any young adults! Despite the challenges, my mentor guided me through the ups and downs patiently. Although my mentor left SJIS halfway through my A-levels, the lessons she taught and the advice she gave me resonated tremendously and propelled me to further better myself and in life.

I used to adore being a part of sports day when I was in school. Our batch had the privilege to have our final sports day at the Bukit Jalil Stadium, which was something a normal highschooler will never dream of! The name of the stadium itself is a household name and to be able to have a final sports day there is a dream come true. Let's put the venue aside. The reason I enjoy sports day so much is because I get to goof around with friends without a care

in the world. Sure, the preparation was tiring and lengthy, but it all culminated during the sports day where we all got to have a blast together. Thinking back, it was truly a memorable time that I would like to experience all over again.

Well, after graduating from SJIS, some of my friends worked in retail stores while some worked in their family business. Me, on the other hand, landed a job on social media! Everything was so hectic back then during MCO and luckily, some associates of mine helped me in getting the job. It was a live-streaming job where I played mobile games such as Mobile Legends, PUBG and others while commentating on it. This was undeniably a new challenge for me since I wasn't accustomed to talk in front of live audiences. Nonetheless, it helped me in getting used to speaking in front of a crowd.

Facing challenges in life is inevitable but the one challenge that hindered me for the longest time was discovering

what I want in life. Once graduating from SJIS, I was clueless on what my next step would be, to continue studying or to work. Opportunities were limitless during this time and the sky's the limit. Working was enticing, but personally, I was afraid to take the risk not to follow in the usual pathway, which was to go to Pre-U. In the end, I ended up in A-levels. Did I regret it? No. It was in A-levels that I met my mentor, who guided me to be sure of my life choices. Now, as I'm writing this, I'm studying in a university and have never been happier with my choices before.

As for the next step of my career, I'm aiming to transfer to an overseas university from my current university. However, the competition is very tough. Not only do they emphasize the academic results, extracurricular activities were also taken into account. Seems that university life is even busier than secondary school life.

I was an active sportsman during my schooling days. The most difficult competition I've ever competed in as an athlete was a cross-country run in Perlis. For starters, the bus travel there was extremely long, and the air conditioning on the bus broke down, leaving us with little alternative but to endure the heat. Next, the sky was clear during the race, and the sun shone brightly on our heads. Even the organisers had to find water to sprinkle on the runners in order to prevent heatstroke. Finally, I hadn't gotten any sleep the night before, so I was exhausted during the race.

Honestly speaking, motivation comes and goes like the tide. It's impossible for motivation to be present every time. ***Dedication and discipline triumphs in this case, especially when things are rough. If you're really looking for motivation, I would say think back why you even started in the first place, that should be the reason for you to keep going.***

My brother, who was my training partner and was the first to bring SJIS's name to others in the running world, gave me the best advice I've ever gotten. The best advice he ever gave was to keep running. Yes, it does sound like Nike's tagline "Just Do It". The advice was simple, but the way I interpreted it was to just keep doing what you're supposed to do, even when things get tough because sooner or later, the results will be there. If you're unhappy with your results, it simply means you must put more effort into it.

Alumni Event Hari Raya Celebration



"In a society that functions optimally, those who can should naturally want to provide for those who can't. That's how it's designed to work. I truly believe we're here to take care of one another." — LeVar Burton

At SJIS, we believe that holistic education continues even after a student has graduated. Having empathy and compassion for the less fortunate are essential soft skills that can have a positive influence on enhancing one's interpersonal relationships. Therefore, to commemorate the gifting spirit of Eid, the Alumni of SJIS had a Hari Raya celebration at **Hiichiikok Home for Children's Care** on the 29th April, 2023. The children's shelter is currently home to 30 underprivileged children, aged 8–18 years old, of all races and backgrounds.

We contributed some essential groceries and daily supplies to the home, which hopefully will be able to lessen their financial burden and improve the children's quality of life. Our alumnus, Pak Wai, also supported our event and distributed goody bags to the children. They were so excited to receive new stationeries and snacks!

Personal Development Talk



"Learning from the successes and failures of others is key to making quantum leaps towards our goals." – Robin Crow

On May 8, 2023, we hosted a personal development talk session for the current A-level students, titled "Inspiration: My A-Level Experience at SJIS". The session was led by our very own SJIS alumna, Ms. Stephanie Cheah, who was a top student during her days at SJIS.

Studies have shown that we learn best when we learn from others' experiences, whether good or bad, because we have more information to make the best decision in that situation. By learning from others, we can become successful and reduce the chances of failure. Through this talk, our students were able to connect and interact with an alumna who has gone through similar journey and emerged successful in their field of choice.

A total of 12 A-level students from the January '23 intake participated in this beneficial and fruitful talk, which lasted from 10.30 a.m. to 11.30 a.m. Stephanie shared about her decision to study A-levels and how it has helped her when she continued her degree, as well as certain mistakes she had made during her schooling days and how she was able to bounce back from them. During the Q&A session, students were offered the opportunity to have an open dialogue with Stephanie and gain insights from her invaluable experiences. The session ended with the presentation of a token of appreciation for Stephanie from us, and a group photo session with the students and teachers.

We firmly believe that our students not only gained knowledge from this talk, including guidelines to prepare for their future career pathways and effective learning methods, but also how to have the correct mindset and preparation that would help them with their future success.

To all SJIS alumni, we're here to help you maintain a lifelong connection with us and with each other, share experiences and expertise, and enjoy exclusive offers, events, networking, and volunteering opportunities. We strongly encourage you to reach out to us for more opportunities to contribute back to your alma mater. We hope to see you at the next event soon!

SJIS Event Hari Raya Celebration



Selamat Hari Raya! On 28th April, 2023, we celebrated Hari Raya at SJIS with our lovely teachers and students. Everyone was all dressed up in their best traditional clothing, sharing their own culture and learning about others in a fabulous way. Our students also learnt more about Malay culture through activities such as weaving the "ketupat", which is a unique Malaysian delicacy, as well as designing their own Hari Raya card. Students enjoyed themselves during the celebration, along with their beloved friends, teachers, and staff.

When the day was over, our students walked away with more in-depth knowledge of an essential cultural celebration in Malaysia.

Health & Technology Enhancement Month



As this is the sports issue, we would also like to highlight the Health and Technology Enhancement Month at SJIP! Throughout May, our primary school students will be exposed to various healthy activities to keep them active.

Health and Technology Enhancement Month kicked off on the 8th of May with a Zumba session. Zumba is a lively exercise programme that blends dance and aerobics with vibrant international music. Our Zumba exercise is designed to accommodate primary students of any fitness level, so don't be worried if you're new to working out. It's an excellent method to get your body moving and burn off some energy while improving your coordination and balance and boosting your mood.

SJIP & SJIS Alumni Upcoming Events and Activities



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