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Panaga School Newsletter

Issue Four

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*Message from
the Principal*

Dear All,

Gong Xi Fa Cai! Happy Chinese New Year! In recent assemblies with the Teraja and Rampayoh children, I discussed the themes surrounding the start of a new year. Whilst different countries, cultures and religions around the world may hold different calendar dates for the beginning of a new year, a common perspective is that it is a time to look back on the past and look forward to the future, with a view to making things better. I wonder how many of you have made new-year resolutions? And kept to them? That's the difficult part!

I explained to the children that in addition to setting a sensible target, asking others to help, and rewarding yourself when you have small successes towards your goal, a key factor in achieving what you set out to do is self-belief. Drawing on the philosophy of the martial arts (specifically the movie Kung Fu Panda!) we explored the idea that you can achieve almost anything if you truly believe you can do it. For Nicole Linares in DP3D and Pleun Driessen in IP4S, this meant breaking a piece of wood with their bare hands!

Across the school, the children will have targets to achieve this term. With their efforts and self-belief supported by direction and encouragement from both teachers and parents, I am sure that we will see great achievements this year.

For the Chinese, it is the Year of the Ox: a hard-working, dedicated and patient animal – qualities that all of us require to reach our goals.

With kind regards,

Richard White
Principal

Inside this month's issue:

- P6 Trip to Kuching
- Farewell to Much Valued Colleagues
- Round the World Visitor
- Table Tennis hits Panaga
- Celebration Certificates

Kings and Queens of Kuching



Expert travel journalists Anne Arandia, Meghana Bharadwaj and Aisha Khan ventured deep into the Bornean rainforest last week to discover its many treasures. The following is their diary of what they and their fellow P6 companions encountered at Camp Permai, Kuching:

Day 1: The Night Walk

After dinner at 7:30 pm, we went on an interesting, if not scary night walk through the rainforest. We were watching out for nocturnal wildlife. The whole walk took almost two hours, going and coming back. There were lots of obstacles along the way, including steep hills, slippery rocks and invisible tree roots. We were all relieved when we came back, but overall it was a very enjoyable experience.



Comments on the night walk:

Charlotte Bestwick: "The night walk made me really tired, but I felt that it was good exercise!"

Stefan Hart: "It was scary because you couldn't see anything and I kept tripping."

Thomas Sanders: "It was scary, since it was a very new experience for me."

Day 2: Sea Activities and Rappelling



After a delicious and filling breakfast, we went for a swim in the fresh-water jungle pool, then the beach. The water in the pool was freezing at first, but as we got used to it, it felt warmer. We also found out that the water came from the mountain, which explained why it was cold. After a while we went to the beach. There was a stream leading from the pool to the beach, where the water ran into the sea. There were also huge rocks, on which a lot of us played. Some people hunted for shells and interesting rocks and pebbles, but weren't allowed to take them home, since it was the resort's

property.

When we were allowed to go into the sea, we weren't allowed very far out because the sea was quite rough.

After lunch we went rappelling (abseiling) down a high wall. We had to climb at different positions going up the ladder. Once we got up we had to bend backwards and walk down the wall. While we were waiting for the others to have their turn, we were sketching and drawing wildlife we saw in the night walk or sights we had seen, e.g. our cabin. We all felt a little scared going up the ladders but it was fun going down the wall. The wall was 10-15 metres high. Wow!



Comments on the rappelling:

Stacey Cowe: "The ladders were scary because they were at different angles but the wall was fun because you could go down really quickly."

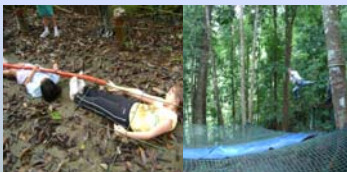
Bradley Cox: "The fourth ladder was the scariest because you had to turn your body to get up to the next ladder. The start of the wall was scary because you had to lean back so far until the instructor said you could abseil."

Day 3: Obstacle Course and Tarzan Swing

After breakfast, we went to do the obstacle course. The instructor gave us a stick called the 'King', which wasn't allowed to touch anything but the team-mates. There were 15 different obstacles in total but we didn't have time to do all of them. One particularly difficult challenge was the pyramids, where we needed to climb up and pull our other



team-mates and the King over. Some people were finding it hard but their team-mates helped them with their difficulties. In the end, all four teams managed to successfully finish all the obstacles we had time to do.



Then we went to the Tarzan Swing. We had to hold onto a knotted rope and swing across a huge net, where we had to land, when the instructor blew his whistle. It was hard to get up from the net because it was very bouncy.

The whole point of the obstacle course was to work as a team and help each other out.

Sarawak Cultural Village



Later that day after a fantastic lunch, the teachers organised us into 'couples'. The couples were given 100 Malaysian Ringgit to spend between themselves. We were also given a passport to stamp when we entered a house. After that, we went to watch the Sarawak Cultural Show. There were lots of traditional dances performed. The dancers used props such as fans, flowers, sticks, poles, a wooden bowl and even a blowpipe! We particularly



liked the hunting dance because a man was occasionally grunting and shouting as if he spotted a mouse onstage. He also popped balloons using his long blowpipe. Each dance told a story, and this one told us about a hunter who was hunting for food. It was a new experience for everyone because the show was from a different country.



Day 4: Packing and Leaving

In the morning we spent a lot of time packing and cleaning out our cabins. Everyday the teachers used to come in and inspect our cabins. We had to carry our luggage all the way to the reception, where the teachers would announce the cleanest cabin winners, the best team leaders and the most helpful people. We're not naming names, but the cabin winners are Cabin 3 and Cabin 15, since there was a tie.

This trip was very memorable and we all had the time of our lives!

Farewell to Staff

The school says farewell to two members of Nursery staff today. **Leigh Williamson** is leaving to prepare for the arrival of her first child, whilst **Sue Crew** is moving back to the UK following her husband's posting to Nottingham. Both teachers have made great contributions to the school and will be sadly missed. We wish them every success and happiness for the future.



**SET YOUR
TARGET FOR
SUCCESS**



Round the World Conservation Crusader's Pit Stop in Panaga



On Thursday 8th January, Panaga welcomed a very special visitor – Mohammad Tajeran. Mohammad is currently cycling around the world spreading the conservation message that the world needs trees. Supported by the Red Cross, Mohammad is visiting schools, holding discussions with children and planting trees with them. At Panaga, Mohammad spent time with the P8 students exploring conservation issues and describing his experiences. Then, together,

Mohammad and P8 planted a rubber tree on the Teraja playing field. Mohammad's journey began back in December 2006. Since then, he has visited 14 countries and over 50 schools. He is due to complete his cycle trip in 2012. We wish him every success! You can follow Mohammad's progress via his website www.weneedtrees.com

At the first assembly for this calendar year, Mr Richard discussed with children on both sites the importance of setting goals. By smashing their way through a piece of wood 'Kung Fu Panda' style, Nicole Linares in DP3D and Pleun Driessen in IP4S proved nothing is impossible.

"Shopping" with DPN/1

For the IPC "Shopping" topic, we went to the market as our Entry Point.



A) Benjamin and Tycho at the market. B) Marijn and Lisa buy flowers. C) Roos and Noor eat the fried bananas they bought.

- Miss Atsje

Celebration Assembly



More stories of attainment and success echoed the halls of Panaga this month as yet another band of worthy winners received Achievement Certificates.

Panaga Ping-Pong

One of Asia's favourite sports, table tennis (otherwise known as 'ping-pong'), has made a welcome addition to PE lessons at Panaga School. It is also 'serving' up well as one of the latest After School Activities every Thursday.



IP4P SHARED WRITING: The Cyclops

6th January, 2009

W.A.L.T.: be able to write a character portrait

The Cyclops stood on the side of a massive mountain. He was looking around for his dinner. He had one enormous eye that was staring seriously in my direction. His long, straight hair was flipping around his huge, circular head. The muscles on his green body were as big as a table. He punched a purple ox so hard that it flew slowly 1000 miles away. Horrible brown teeth were bared and they looked like spiky dinosaur teeth. His sharp, yellow fingernails were scratching mightily in the fluffy white snow. He roared so loudly that as I heard it, I screamed like a terrified baby and ran furiously off that mountain.



The children read about the Cyclops and then looked at pictures. They worked together to describe its observable and non observable features.

In next month's issue: The Mile Post Two Concert