



NEWSLETTER

SEPTEMBER 2020

Dear Parents

As the pace of life has increased in today's world and the many choices that consume our attention have become more demanding, our children have compensated for this by getting less and less sleep. This is having an adverse effect on them in numerous ways.

Sleep promotes cognition and memory, facilitates learning, recharges our mental and physical batteries, and allows us to make the most out of our days. With plentiful sleep, we improve our mental and physical health, reduce stress, and maintain the routine that is critical to healthy daily functioning. Besides that, a good deep sleep allows our body to release a significant amount of growth hormone that boosts the immune system as well as helps in the growth and repair of the body.



Many studies have shown that lack of sleep adversely affects performance and alertness. Reducing sleep by as little as one and a half hours for just one night reduces alertness during daytime by as much as 32 percent.

Sleep deprivation can impair memory and inhibit creativity, making it difficult for sleep-deprived students to learn. Furthermore, sleep deprivation makes it even more difficult for students who are already struggling to learn to deal with stress and control their emotions. Oftentimes, it is common to find irritability, lack of self-confidence, and

mood swings in teenage students, but sleep deprivation makes it worse. Depression can also result from chronic sleep deprivation. Insufficient sleep can compromise students' immune systems and make them more susceptible to illnesses.

During the school year your child spends up to 7 hours a day in learning new skills and academic materials. Without sufficient and proper sleep, your child's ability learn is reduced by up to 32 percent. It may not be an easy task, but I want to encourage parents to take the necessary steps to make sure their children are getting the sleep they need throughout the term.

John Chuah
Head of School

Smart TV for Effective Learning

Smart TV is an emerging trend in technology and education. The school has started an initiative to enhance classrooms with Smart TVs and to date, four classrooms are already equipped with Ultra High Definition Smart TVs.

Today, one of the struggles educators face is how to attract the attention of their students when they are teaching. Students have short attention span and they are not fond of listening to their teachers talking endlessly. That is why educators are using new tools to encourage students to participate in class. The Smart TV is one of the tools that is used in modern day classrooms.



Teachers encourage students to participate in classroom discussions. With Smart TVs this becomes an easy task. In addition to being able to play videos, audio recordings, and image streams like conventional televisions, Smart TVs are capable of connecting to the internet and accessing sites like YouTube easily.

Importantly, Smart TV allows download of interactive apps, such as word plays, quizzes and math problems, that promote class participation among students. The fun apps keep classes active and lively.

Integrating media in learning is helpful in capturing the attention of students. This is the first step in making every lesson effective. Media contents such as videos, music and images promote better learning among students. Lessons become easier to learn because there are these contents to supplement each lesson. With Smart TVs, educators can easily access these contents.

Examination Tips

The performance in an examination will greatly improve if students are well prepared and approach it with a positive attitude. The following tips, although not exhaustive, will hopefully help students in some way to prepare for the coming examinations.

Pay attention in class. Do not be distracted by talking with your friends, day dreaming, playing with pencils, pen, rulers or erasers while a lesson is in progress. Be an active learner, listen and give full attention to the teacher. If you fail to understand any part of the lesson, do not hesitate to ask your teacher. They are ever ready to help you. Be conscientious in your work.

Use Graphic organisers. Graphic organisers helps students to understand and remember contents and concepts that are being taught. They help student separate what is important from those that are interesting but not essential. They show relationship between concepts or contents and in this way show how the knowledge is structured. This helps students to develop analytical, creative and thinking skills.

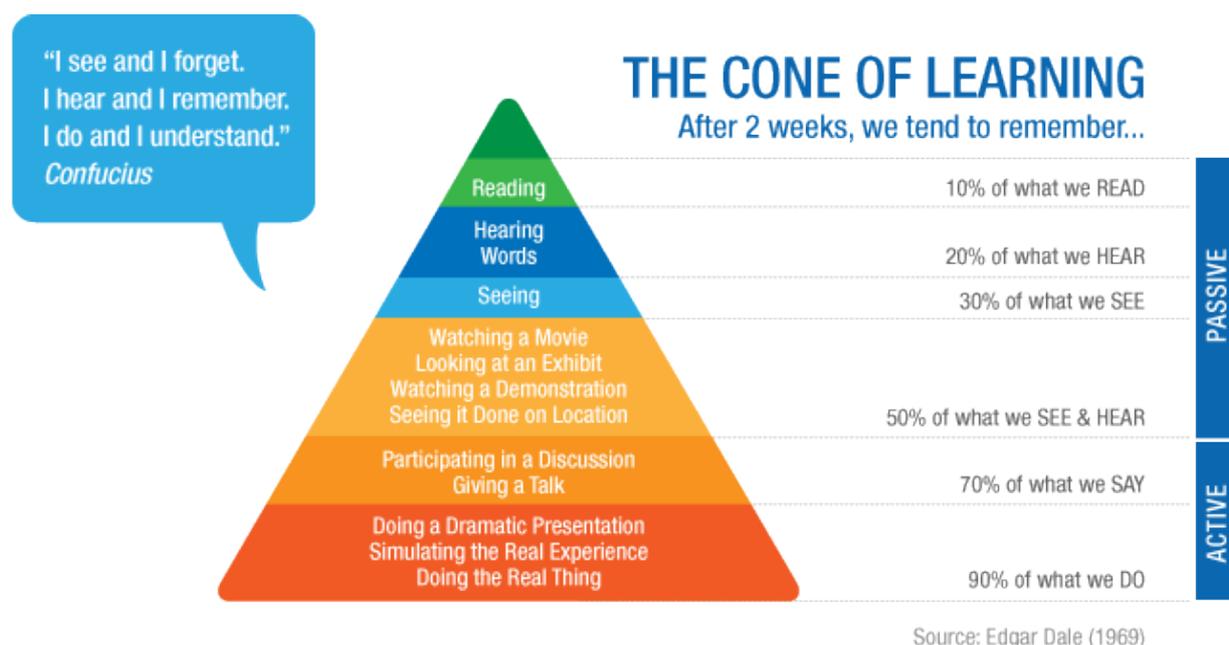
Make time to study. Do not cram. Set time aside every day to study. Make studying a part of your habits. Retention and understanding what is learnt will be better if learning takes place in an orderly and calm condition. Further lasting knowledge and skills can only be acquired over time.

Organise your study space. Learning space must be clean, quiet and with little distractions. Noise and distractions affect concentration. Have all the things you need before the study period to prevent you from getting up to find things that you need. Concentration is the key to learning.

Examination format and the topics to be examined. Familiarise with the format of the examination paper. Knowing what and how you will be tested will help you prepare for an examination.

Revise and practice. "Practice makes perfect" – no truer words were ever spoken. To do well in any examination, students need to revise and practice. Revision and practice take time, that is why students must study consistently. This will also help in the mastery and retention of knowledge and skills.

Have healthy meals and drink lots of water. Do you know that the brain is the most energy-consuming organ in our body? Keeping your body and brain well fuelled during an examination period is essential. So eat nutritious and well-balanced meals. Fish, nuts, fruits and milk have been proven to aid concentration and memory. Being well hydrated is essential for the brain to function at its best. Drink lots of water throughout your revision and during the examination period.



IGCSE November 2020 Key Dates

Date	Event
2 October 2020	Start of timetabled exam period
17 November 2020	End of timetabled exam period
Nov to Dec 2020	Marking and grading period
Mid January 2021	Release of results
26 February 2021	Deadline for enquiries about results
Late March 2021	Certificates despatched

iPSLE 2020 Key Dates

Date	Event
3 - 6 November 2020	Conduct of oral examinations
9 - 12 November 2020	Conduct of written and listening comprehension examinations
To be advised	Release of result slips and certificates



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