



From the Principal

Mr Simon Leese



We hear a lot about 'mindfulness'. There are undeniable benefits from heightened awareness and focus on the present, whether or not as a part of, for example, yoga and meditation. None of us would argue against the benefits of taking some time to exclude distractions, counter stressors and actively pursue calm.

However, we don't hear as much about 'mindlessness' - a state which should enjoy equal attention and deserves appreciation. There are times when mundane, repetitive or habitual activities occupy our time, but not necessarily our attention - liberating the

mind for expansive thought and recreation. Endurance athletes do not wish to be fully mindful of their aches, pains and tiredness; they want instead to allow their minds to drift somewhere else - their success rests not on being mindful of what they are doing - in fact the reverse. Many occupational tasks also have to be 'mindless' to be tolerable - repetitive, boring, but essential. Those whose daily experience does not include at least some 'mindless' activity are in the minority, and may be thought fortunate. But I recently heard a well known author describe how her ideas and inspiration entered her mind when she was doing something 'mindless' - when focussed on something deliberately, her creativity suffered.

Some of the things we do 'mindlessly' deteriorate, when we try to concentrate. Golfers know this - they practise and rehearse, but their best strokes just happen; they can't really explain why. Rowers are the same - the precision and rhythm in the boat is at its most effective when the hours of training have achieved not intense concentration, but practised mindlessness. If golfers or rowers think too much, it all starts to go wrong.

Most of us have driven a familiar route and had that disconcerting feeling that we didn't remember going past a particular landmark. Were we not concentrating on our driving? Yes we were, but our actions were 'mindless'. Had something untoward happened, we



would have reacted at once. We were fully conscious, but on 'automatic'.

Productive mindlessness comes from habit and repetition. Our students should pursue a situation where, like an ocean swimmer, most of the essential parts of their routine are mindless and automatic. Like cleaning their teeth, the day should not feel right until the simple routines are completed. They shouldn't need to be concentrating, mindfully, on things which ought to be spontaneous and habitual.

Described as being 'mindless' is usually a criticism. People may be warned to be 'mindful of...' something important. But I want our students to be mindful of the value of mindlessness, making sure all the routine and obvious requirements of their daily lives simply take care of themselves without the need for any conscious attention.

Then their minds will be clear to create, to invent, to imagine. 🌀

Photo Gallery - World Scholar's Cup Year 2018



A full report will be in the next edition

Year 9 GCSE Choices

Mrs Wendy Clarke

During Year 9 students have some very important decisions to make about what subjects they want to take at IGCSE. Although they won't make their final decisions until term 2 the process will begin now. This week all Year 9 Students will receive a survey via a Google form. This is designed to get them thinking about what they want to do and is not their final options decision. I encourage all parents to discuss these questions with their children and look at the choices available to them.

Early in Term 2 they will have the opportunity to discuss the different subjects with teachers and IGCSE students at an options fair. Details coming soon.

The final part of the process will be the Parents' Reception on Saturday 2nd March where parents will be able to meet with teachers and discuss their child's suitability before any final decisions are made.

Here at POWIIS we want to support all of our students to make the right choice so that they can get the best results they can in their IGCSEs. ☺

Penang Music TeachMeet 2018

Mr Ben Lim



POWIIS Music Department hosted the very first Penang Music TeachMeet on 14th November 2018. A total of eight music teachers across five international schools in Penang gathered together to

share teaching experiences and practices. The discussion was fruitful and we look forward to future collaboration for music events in Penang. ☺



9 to 1 Grades

Mrs Wendy Clarke

This year Edexcel will be using the new UK based grading system.

Edexcel IGCSE subjects are:

- Maths
- Further Pure Maths
- Physics
- Biology
- Chemistry
- Art

All other subjects will be awarded an A* - G

The new grade 9 represents a new level of attainment and has been introduced to differentiate top performing students.

The bottom of the grade 7 aligns with the bottom of the grade A.

There's also greater differentiation in the

middle of the scale, with grades 6, 5 and 4 being equivalent to the old grades B and C.

The bottom of grade 4 aligns to the old grade C and the bottom of the grade 1 aligns with the bottom of the grade G.

This system has already been in the UK for two years. Colleges and universities have already updated their entry requirements. A standard pass is now considered a 4 or above. Previously it was a C or above. ☺

HOW THE NEW GRADES COMPARE										
Grading structure	Standard pass									
NEW	U	1	2	3	4	5	6	7	8	9
OLD	U	G	F	E	D	C	B	A	A*	

Source: Ofqual

Girls' Basketball

Ms Sarah Hardman

Girls' basketball at POWIIS has been going from strength to strength. Having recently returned from the FOBISIA games as the winners for the second year in a row, POWIIS entered the PSAC tournament. We entered two teams, with the A team going on to win the tournament overall unbeaten. Impressively, the B team finished 3rd overall. To finish the season, the U15s played Dalat, with both Ziyi Low and Zining Low shooting 3 pointers and an overall win of 46-10. This is testament to the dedication of the girls, with many training every evening. The number of girls we have coming through playing at a competitive level is excellent and our Junior U13 girls are showing excellent promise ahead of their season next term. A huge thanks to Mr Peak for his continued hard work coaching this year. ☺

Meet Our People



Ms Rebecca Lane

Ms Bec Lane is originally from Australia, but has spent the last decade working

and travelling abroad. After qualifying with a degree in Literary and Cultural Studies in 2003, she returned to university to complete her Bachelor of Education

degree, specialising in English and Media Studies. She taught in Australia for several years before moving to London, where she ran the Media Studies departments in two different schools. Since leaving London, she worked in the Middle East, where she was Head of English.

Ms Lane started at POWIIS in August last year as a teacher in the English department. She loves teaching English and English Literature, especially Shakespeare, to students of all ages and she thinks English is one of the most interesting and important subjects a student can study. The best part of her job is getting to inflict her love of puns on her students and encouraging them to experiment with language.

In her spare time, Ms Lane hangs out with her husband, Mr Kearns and their three dogs Penny, Buster and Maggie. She loves living in Penang and regularly goes hiking with her dogs and has started paddle boarding with Mr Kearns. 🌍

Mr Declan Kearns

Mr Declan Kearns, originally from Ireland joined POWIIS Mathematics Department in 2017.

After graduating with a BSc in Applied Computing Declan worked for ten years in industry before deciding become a mathematics teacher. Leaving for London in 2009 he took up a Graduate Teacher Programme (GTP) with the Cambridge Partnership where he trained and qualified as a mathematics teacher. After graduating he remained working as a teacher of mathematics spending the next six years living and working in London where he met his wife Ms Lane. They stayed in London until they both moved to Kuwait in 2014. Following on from Kuwait Declan took up the post as Head of Mathematics in a new school in Doha where he spent the last two years before arriving here at POWIIS.

In his spare time Declan loves to try and get outdoors as much as possible, in particular the sea. Windsurfing is his favourite outdoor activity, having travelled and windsurfed in many countries. He also likes to hike and has started mountain biking



since arriving in Penang. His favourite things about Penang are the food, the sea and the weather.

Declan says he enjoys how close life is at POWIIS "It's almost like one big family, very supportive for students and staff". He very

much enjoys teaching mathematics. The best part of his job is proving that difficult mathematical concepts aren't really all the difficult at all. He also likes to provide links between mathematics and the real world by sharing stories gained from his time working in industry. 🌍

Kangaroo Maths 2019

Mr Martin Clarke

We have a provisional date of March announced for the next Kangaroo Maths Competition (KMC) and as such you should have received an email inviting you to register your child in anticipation of the event. KMC is an international mathematics competition organised by the Association Kangourou sans Frontieres (AKSF) which is hosted by POWIIS each year with many of our students achieving success across the age groups.

Every participant will receive a certificate of participation issued by the AKSF, signed by the chairman of the board, Dr. Gregor Dolinar. The top scorer in each category will receive the Grand Prix award. Other top participants will receive Gold Award, Silver Award, Bronze Award and Honorable Mention with regards to their achievement. As well as developing student's problem-solving skills, these awards are internationally recognised and will strengthen future university applications.

Problem solving is being introduced more and more into examinations at all levels as employers want self-motivated staff that can "think outside of the box".

In fact, EDEXCEL's International Advanced Level Mathematics from 2019 will require an even higher level of problem solving skills as the examinations become more modular and subject focused.

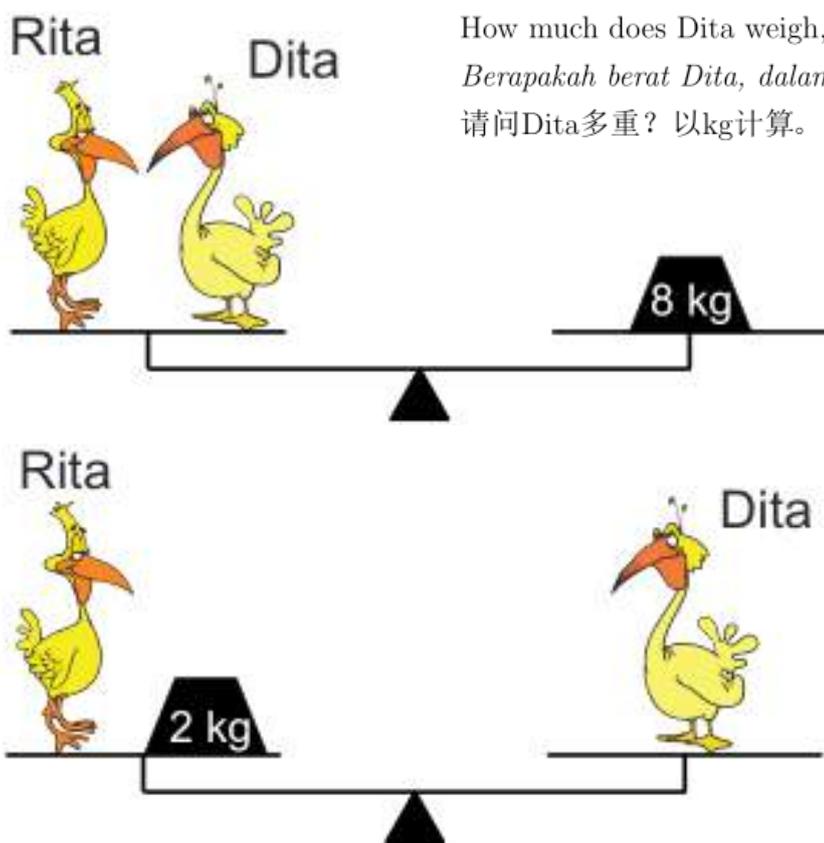
Ever wondered how easy or hard these questions are?

The following was taken from a Benjamin paper aimed at students between the ages of 11 and 12. The algebraic method for solving, using simultaneous equations is taught in Year 9. If you'd like to challenge your family to this and send in a solution, we'll post the best response in the next edition of the Pulse.

Running Club

Mr Nicholas Umpleby

Every Monday and Tuesday POWIIS runners have braved the heat and humidity to develop their physical fitness while exploring the incredible natural environment surrounding Botanica CT. Each week students have been trying out different routes, and pacing. From running up to the monk in the hills behind school, to road running, hill sprints or enjoying a fast walk with friends, all the students have made great progress and most have had fun doing it! Next week the POWIIS cross country competition will give the students a chance to put their training to the test. I look forward to seeing their hard work pay off. 🏃



How much does Dita weigh, in kg?
 Berapakah berat Dita, dalam kg?
 请问Dita多重? 以kg计算。

- (A) 2
- (B) 3
- (C) 4
- (D) 5
- (E) 6

Please have students email maths@powiis.edu.my with the subject title as "Rita and Dita" to ensure we can filter them out for

checking. If you're sending in a response on behalf of your child, then please do include their name and house information. 🏠

Important Dates for December 2018 & January 2019

[Click here for full
school calendar](#)

4th December	IGCSE Georgetown Art Trip
4th December	U13 Boys & Girls Basketball at Uplands
4th December	U16 & U18 Netball vs Uplands
6th December	Cross Country
6th December	PSAC U14 Netball vs SIS
7th December	JSLA External Coaches PSC
7th December	Entrance Exam Day
10th December	Senior Boys & Girls Basketball at Uplands
11th December	U13 Boys & Girls Basketball vs Uplands
15th December	End of Term 1

2019

6th January	Beginning of Term 2
10th January	PSAC Tenby Invitational Netball
14th January	Senior Boys Basketball/ U13 Boys Basketball vs Tenby
16th January	Swim Meet at POWIIS
17th January	PSAC U16 Netball vs Tenby

Entrance assessments are still possible by special arrangement and subject to available spaces. Please mention to friends and contacts who may wish to be included. Contact Michelle Goh at admissions@powiis.edu.my

Watch for future Pulse editions!