



# The Link

YOUR WEEKLY M'KIS NEWS MEDIA

12 MARCH 2010

ISSUE #27

## M'KIS FUN FAIR IS THIS SUNDAY! MARCH 14, 10AM - 3PM

### Upcoming School Activities

March					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20
Day 5	Day 6	Day 1	Day 2	Day 3	
	MSHS Parent Meeting	Fundraising for Habitat for Humanity PD Meetings	Fundraising for Habitat for Humanity Global Issues Network ES Parent Meeting	Fundraising for Habitat for Humanity Global Issues Network MSHS Report Cards Non-paying ASA 2 ends	Little League Basketball & Baseball Global Issues Network
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27
Day 4	Day 5	Day 6			
SEASAC Badminton SEASAC Softball	SEASAC Badminton & Softball MSHS Parent Teacher Conferences Early Dismissal (11:50am)		School Holiday	School Holiday	

# ADMINISTRATION

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From the Head of School

Linda Moran

[l.moran@mkis.edu.my](mailto:l.moran@mkis.edu.my)

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## **Fun Fair!**

I am looking forward to seeing you all at the Fun Fair on Sunday. It is sure to be a wonderful day! Please remember that the gates will be closed and no cars will be allowed to enter the campus during the Fun Fair. Some of you may want to consider car-pooling.

## **Next Year's Calendar**

We are continuing to work on the 2010-2011 academic calendar for next year. Please send me an email at [l.moran@mkis.edu.my](mailto:l.moran@mkis.edu.my) if you have information that should be considered for inclusion in the calendar. This might include Little League registration, the PA Newcomers Meeting, other Parent Association meetings, the PA Book Fair, and other events that would be pertinent for all of our families. To remind, the New Student Orientation will be held at 1:00 on August 4, and school will begin for all students on Thursday, August 5.

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From the Elementary School Principal

Paul Sicard

[p.sicard@mkis.edu.my](mailto:p.sicard@mkis.edu.my)

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## **Fun Fair**

The M'KIS Fun Fair will be held this Sunday, March 14, 2010. We are looking forward to a great turnout. It promises that a good time will be had by all!

## **FCD Group Visit**

On Monday March 22<sup>nd</sup>, there will be an educator from the FCD group (drug and alcohol awareness group) that has come to M'KIS for the past several years. They are here to work with the MHS students, faculty, and parents. However, interested parents from all levels (including elementary) are invited to a parent session from 8:30-9:40 a.m. in the activity room.

## **ES Parent Group Meeting**

Mrs. Danielle Rich, our Curriculum Coordinator, will be the guest speaker at our next ES Parent Group Meeting on Thursday, March 18, 2010, at 8:45 a.m. in the activity room. In addition, we will have performances by students from Mrs. Duralia's and Mrs. Thompson's kindergarten classes. We are looking forward to an informative morning.

## **PTCs**

Parent Teacher Conferences (PTCs) were held this week and I would like to thank all parents and teachers for getting together to discuss student progress. Our goal is meeting with 100% of our parents. If you were unable to attend a conference this week, please contact the teacher to set one up as soon as possible.

## **Elementary Idol**

Congratulations to all of our finalists last Saturday and to the Elementary Idol for the 2009/10 school year – Laura Sehnem (grade 3).

## **Emailing Report Cards**

Report cards were sent out by email last week. We appreciate your feedback regarding this process. Should you have anything you would like us to take note of (positive or constructive) please feel free to send it to: [esreportcard@mkis.edu.my](mailto:esreportcard@mkis.edu.my) Your input may help us improve for the future. Thank you!

**Have a fun fair weekend!**

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**From the Middle & High School Principal**

**Gary Melton**

[g.melton@mkis.edu.my](mailto:g.melton@mkis.edu.my)

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If you went to last Friday's *Teacher Variety Show* you know that we have a lot of talented staff here at M'KIS – musicians, singers, dancers, and even comedians (Roderick). I represented the small minority of staff members who are not so talented but brave and willing to deal with embarrassment. We also had our Swimming Team off at the SEASAC Championship this past weekend and we will be recognizing their accomplishments at this coming Monday's school assembly. Our 6<sup>th</sup> grade Science Fair was held this past Thursday evening and once again these students amazed us with their science knowledge and creative projects on display.

## **MSHS M'KIS Idol Final is this Friday**

This is the big one! The Middle-High School M'KIS Idol Final is this Friday, March 12<sup>th</sup> at 7:00pm in our Theater. Come see the best of the best compete for the title of M'KIS Idol. Ticket sales are going on in advance in the breezeway or try to get your ticket at the theater tonight if there are any left.

## **Fun Fair on Sunday**

If you are yearning for more entertainment following this Friday's MKIS Idol, you do not have long to wait. On Sunday from 10:00am to 3:00pm you can enjoy the annual Parent Association sponsored *Fun Fair*. Lots of food, games, and interesting products will be available for sale at great prices. You can even have an opportunity to dunk your favorite teacher or principal in the dunk tank, if your aim is good enough.

## **Middle School Midnight**

The final Parent Association sponsored Middle School Midnight program for this school year will be held next Friday, March 19<sup>th</sup>. Dancing, sports, games, socializing, and food and beverages - all for our wonderful middle school students in a supervised, safe environment right here at M'KIS from 7:00-10:00pm. I hope to see all our middle school students participating in this fun evening.

## **Mid-Semester Progress Reports and Parent –Teacher Conferences**

Please remember your student(s) should be bringing home a mid-semester progress report to you next Friday, March 19<sup>th</sup>. On Tuesday, March 23<sup>rd</sup> we hope to see all of you for our Middle-High School Parent-Teacher Conferences at our school gym. Students will have an early release at 11:50am from school on this day. We will again have both the afternoon and evening set aside for you to have individual meetings with your student's teachers regarding their academic progress.

### **Special Speaker for Next Middle-High School Parents Meeting**

Just another reminder, that our regular Middle-High School Parents meeting has been changed from Tuesday, March 16<sup>th</sup> to Monday, March 22<sup>nd</sup>. This is to take advantage of the opportunity to hear from a representative from the FCD Educational Services Substance Abuse Education program. I have had numerous requests from our parents for information about this program and the work they have conducted with our students in past years. Parents can attend this presentation on Monday, March 22<sup>nd</sup> from 8:30-9:40am in our Activities Room. I am confident you will find this special presentation to be very informative and relevant.

### **Interested Parent Musicians Wanted**

If you attended the Teacher Variety Show you know that we have an outstanding teacher jazz ensemble called the *Standardz*. They are looking for a trumpet player and a bass player (electric or upright) to complete the ensemble. Some previous experience playing jazz is required. Their rehearsals are currently on Thursdays at 3:15pm but can be rescheduled, if needed. If you don't have your instrument over here, not to worry provisions can be made. Contact David Craig at [d.craig@mkis.edu.my](mailto:d.craig@mkis.edu.my) if interested.

**Have a great weekend!**

## **COORDINATORS**

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**From the Health Office**

**Joni Neteler**

[health@mkis.edu.my](mailto:health@mkis.edu.my)

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Chickenpox continues to pop up at M'KIS and other parts of KL. If your child has not had the chickenpox and has not been vaccinated against this common childhood illness, be on the lookout for signs and symptoms. The itchy rash usually appears first on the abdomen and back and spreads to the face, arms, and legs and elsewhere on the body including the mouth and throat. The rash begins as multiple small bumps that look like pimples or insect bites. They develop into blisters that eventually break, leaving open sores which finally crust over to become dry, brown scabs. Some kids have a fever, sore throat, headache, or a vague sick feeling. Younger children often have milder symptoms and fewer blisters than older children or adults. Chickenpox is contagious from about 2 days before the rash appears until all the blisters are crusted over, usually about a week. For those exposed to chickenpox, it may take 10 -21 days for symptoms to appear. Please remember that your child can still contract a mild case even if he/she has been vaccinated.

We have also seen an isolated case of Hand, Foot and Mouth disease as well as the occasional episode of head lice.

Be sure to notify the health office if your child has a contagious illness or head lice so that we can keep other parents informed as the need arises. Please don't forget to notify the respective school office if your child will not be in school, along with the reason why. You can also do this by sending an email to [health@mkis.edu.my](mailto:health@mkis.edu.my).

Reminders continue to go out to those parents who children are due to update their student health records. We appreciate you taking care of this in a timely manner.

**MARGRIET RUURS WILL BE HERE IN LESS THAN A WEEK!!**

Parents: we strongly encourage you to find time to come to one of the sessions listed below to hear Margriet share about her writing.

Come see this wonderful opportunity provided by our Parent Association!

**Wednesday, March 17**

8:45 – 9:45      Grade 5 in the library (elementary side)  
10 – 11:25      ALL 6<sup>th</sup> – 7<sup>th</sup> Grades in the Theater  
2:00 - 3:00      Grade 1 in the library (elementary side)





**Thursday, March 18 (Day 2)**

8:45 – 9:45      Grade 2 in the library (elementary side)  
11 – 12:00      Grade 3 in the library (elementary side)

**Friday, March 19 (Day 3)**

8:45 – 9:15      KP, KPA in the library (elementary area)  
9:20 – 9:50      Kindergarten in the library (elementary area)  
10:30 – 11:30    Grade 4 in the library (elementary area)

More of the wonderful books written by Margriet Ruurs that will be available for check out after her visit:

	<p><b>Emma and the Coyote</b>  E RUU  When a coyote is spotted near the chicken coop, all of the chickens are frightened except for Emma, because she intends to outwit the coyote.</p>
	<p><b>Emma's Eggs</b>  E RUU  Emma, a young chicken, learns what to do and what not to do with the eggs she has laid.</p>
	<p><b>A Pacific Alphabet</b>  E RUU  An illustrated alphabet book which features a variety of plants, animals, and other objects which can be found along the Pacific Coast of North America.</p>
	<p><b>Me and Martha Black</b>  F RUU  Melanie White likes history but she certainly doesn't believe in ghosts. However, when a voice from the past begins to haunt her, she soon discovers wisdom in her words. With the plucky ghost of Martha Black as her guide, Melanie wanders through the history books like she never has before. From the Great Fire of Chicago, to the Klondike Gold Rush of 1898, Martha Black recounts her life story vividly-sometimes a little too vividly.</p>

To the Fourth Graders in Mr. Sostak's class: Your sentences for the pictures in Margriet Ruur's book, **Wild Babies**, are awesome! I have displayed them and know we have some budding authors in this school. I can't wait to share them with Mrs. Ruurs.

A special thank you to Ms. Arin's class and the group in Mrs. Hickman's class that performed a reader's theater to Margriet's book, **Wake Up Henry Rooster**.

Thank you to Ms Cindie Blessing and her art students for providing us with a huge papier mache Emma chicken!

A HUGE thank you again and again to the Parent Association for sponsoring Margriet's visit financially!!

## ANNOUNCEMENTS

NHS Tutoring Program  
Thevia Segaran (PR Officer NHS)  
kisses.from.thevia@hotmail.com



To Middle School Parents,

National Honor Society is a worldwide organization committed to highlighting the best and the brightest students of American high schools. Mont'Kiara's own chapter of the society remains faithful to the organization's 89-year pedigree by selecting some of the most illustrious M'KIS students.



For the past two years, in the spirit of giving back to their M'KIS community, the high school NHS chapter has held an excellent tutoring program aimed towards middle school students. Supported by Mrs. Burns-Munro (learning assistance teacher here at M'KIS), the program has aided many students with works such as projects, homework, learning study skills, how to type among many other activities. If your child is struggling in a particular subject or just wants to improve his or her grades, please encourage him or her to attend these free tutoring sessions. The tutoring sessions are held **every Thursday** in the **library** at the desks near the computers from 3:15 to 4:30pm. We are eager to help and offer advice from our own experiences in middle school. All middle school students are welcome and encouraged to take advantage of these free programs.

Furthermore, if you have any ideas as to how we can improve upon this program, we would love to hear from you! Please e-mail the NHS advisors: Christine Burns ([c.burns@mkis.edu.my](mailto:c.burns@mkis.edu.my)) or Shane O'Day ([s.oday@mkis.edu.my](mailto:s.oday@mkis.edu.my)) with any of your comments. Thank you for your support.

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**From the Head of Admissions**  
**Dennis Schopper**  
d.schopper@mkis.edu.my

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Dear parents,

The time has come for us to ask you for your plans for the 2010-2011 school year. New applications are arriving daily from parents hoping to have their children enter M'KIS in August. Many of the current grade levels are full and we would like to be in a position to offer these prospective parents more accurate information on the possibilities for enrollment. Please assist us by letting your respective school division know of your plans as soon as possible. We appreciate your assistance.

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**National Chinese Honor Society**  
**Annie Chng-Foo (NCHS Chapter Advisor)**  
a.chngfoo@mkis.edu.my

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M'KIS National Chinese Honor Society (NCHS) is one of the highest honors that can be awarded to a high school student. NCHS strives to recognize students who excel in all areas. The criteria used for the selection of the members were academic achievement of 3.25 unweighted cumulative average, attained B+ or above in Mandarin for three consecutive semesters, leadership, service, and character.

This year five new members were officially inducted on March 11, 2010. They were Shohei MORITA, Tulika GANOO, Da Hyun KANG, Phoebe KWONG, and Marina TATSUMI. Congratulations to the successful new members.

As of today there are a total of fifteen members in the NCHS. These students not only excel in learning Mandarin as a second language, but also embrace the international mindedness by promoting Chinese cultures. They are the ambassadors for the Chinese language and culture at M'KIS.

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**Tiger Sharks Swim Club**  
**Marjolein, Colleen, Zul & Jonathan**  
016 604 9960 / 012 388 5620

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Dear parents and swimmers,  
We still have space for the Monday **stroke improvement class**. So elementary swim team kids, do you miss your swim training? Would you like to improve even more on your strokes? Come and join us on Monday afternoon in the pool. We will start on Monday the 15<sup>th</sup> of March at 3.15. You can sign up at the pool. We will have 8 lessons, which bring us to the end of the school year. Cost: RM 200



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## After School Activities (ASA)

Rowena Yap

rowena@mkis.edu.my

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**Non-paying ASA Session 2 ends on Friday, 19 March 2010. Paid ASA Session 2 will continue till 21 May 2010 unless indicated.**

Please note that:-

- Non-paying ASA Building with Construction Toys that was cancelled on 8 March will be replaced on 22 March 2010.
- Tuesday, 23 March 2010 is early dismissal for MS/HS Parent Teacher Conference. Paid ASA will start at 12 pm.
- Paid ASA Apprentice Engineer, Engineer and NXT Robotics will end on Wednesday, 24 March 2010.

**Session 3 Non-paying ASA will start on Monday, 5 April 2010.** The schedule of activities for Session 3 Non-paying ASA is distributed with this issue of The Link. **Registration starts on Monday, 15 March and deadline to register is 19 March 2010.**

Registration forms are available at the ASA office.

- Please fill in one (01) registration form for each child and list all your choices in the same form.
- Drop your form(s) in the tray provided at the ASA office outside the Theatre.

Each child may choose 2 non-paying activities and 1 alternative choice. The 'first come, first served' policy only applies to the student's first choice. If you have signed up for 2 activities and the second one has more registrations than the number allowed, the priority will go to those students who have signed for the activity as first choice.

Please take the time to discuss with your child what he/she wants to sign up for before submitting your registration forms. We will not entertain requests for changes after we received your registration forms or once the class lists have been posted.

On the occasion that an ASA is cancelled for whatever reason (e.g. rain) we will send a sms message to parents on that day. We ask that you send a message back to Ms. Rowena noting that you have received the text and also arrange for your child's transport. We are approaching a rainier season which makes the possibility of cancellation much higher. Thank you for your cooperation.

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## M'KIS Literary Magazine

Jennifer Hopp & David Jorgensen

jen.hopp@mkis.edu.my / d.jorgensen@mkis.edu.my

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Hey, Tiger Authors and Artists! The M'KIS Literary Magazine is hunting for original, interesting, and powerful students' writing and artwork. If you are a student in grades 6-12, show your true creative tiger stripes and run your submissions to Mrs. Hopp or Mr. Jorgensen today. Be part of an adventure... the M'KIS Literary Magazine!



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**Teacher Variety Show 2010**  
**Lehar (Advisor) & Liyana Haniff (GIN President)**  
l.shukor@mkis.edu.my

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To all teachers who performed, GIN members who organized the show, and the M'KIS community who came out to watch and support your teachers, thank you so much! The show wouldn't have been a success without each and every one of you! We hope that you all enjoyed the Teacher Variety Show and don't forget to catch next year's show brought to you once again by the one and only Global Issues Network (GIN) of Mont'Kiara International School!

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**Global Issues Network (GIN) Art Sale**  
**Patricia Boisseau (On behalf of GIN)**  
p.boisseau@mkis.edu.my

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Gin Art Sale online will start March 12th and 13<sup>th</sup> at [www.ginartsale.weebly.com](http://www.ginartsale.weebly.com)

Everyone is invited to have a look and buy a masterpiece.

The exhibition of all artworks will be on display March 14th in the activity room from 12:00 until 5:00 (Same day as Fun Fair). Buyers can then collect their painting(s) and discover if their artist is an elementary, MS, or HS student, a teacher, a parent, or a famous Malaysian artist. You may also participate to the silent auction of other artworks by famous Malaysian artists. Artwork can also be bought at the exhibition. All proceeds will go to GIN and their many worthy causes.



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**Parents' Petition to Review PA By-Laws**  
**Elizabeth Boyle & Naz Patel**  
rajnaz8@gmail.com

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Earlier this school year, the PA invited volunteers from the parent community to form a working group to examine the current by-laws. Although these guidelines have served our school community reasonably well, they date back to 1996. It is, therefore, sensible to review the guidelines to ensure they provide sufficient clarity and reflect the requirements of the school and parent community as it exists today.

A group has already been working on a draft, with a view to presenting the proposed changes at the end of April. Before the by-laws can actually be amended, it is advisable that we conform to the change process as outlined in the current by-laws.

This means there are two requirements:

1. A minimum of ten percent of the membership shall initiate or sign a petition before the PA council can proceed.
2. Three fourths of the attendees present at the Annual General Meeting in May 2010 must then concur with the changes to the by-laws.

In order to fulfill the first of these requirements there will be a petition available for the parent community to sign. **It is a petition asking the PA council to review and, if appropriate, amend the current by-laws.** In signing this petition, you are not automatically agreeing to any changes, you are simply notifying the PA that you agree it is sensible to review the by-laws. **Please look out for the petition at the Fun Fair on Sunday March 14<sup>th</sup> and on the PA Bulletin board outside the main office.**

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**MSHS Parents Mingle Night**  
**Fiona & Michel, PA Hospitality Committee**  
fionakp@msn.com

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Calling all Middle/High School parents! Following the success of the first "Mingle Night" some months ago, another one has been arranged for Thursday 18 March, at 1930, at Somo (next to Coffee Bean). Come and meet other parents (moms and dads) in a more relaxed environment and get to know what's happening in your child's grade.

Looking forward to seeing you there!

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## PA Nominations and Elections

Debra Schott

[dkschott@gmail.com](mailto:dkschott@gmail.com)

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The PA Nomination and Election Committee would like to announce the commencement of this year's election process for the PA Officers for the School Year 2010/2011. We are seeking to fill Five (5) Executive Offices in an election scheduled for April 30, 2010. The positions open for self nomination are:

- President
- Vice President
- Treasurer
- Recording Secretary
- Managing Secretary

More information will be forthcoming over the next few weeks, but first we would like to invite anyone and everyone who might consider running for any PA office to an informal discussion at the Shoplex Coffee Bean, 1:00pm to 3:00pm on March 22. Your presence at this meeting is not required and will NOT be taken as a commitment to run for office. We simply would like an opportunity to discuss the new division of the secretary's role and to provide you with detail descriptions of all of the open positions. If you have any questions at all, please feel free to call or email Debra Schott (017 510 4255 [dkschott@gmail.com](mailto:dkschott@gmail.com)) or Tony Tan (012-6888669, [tony\\_tan@nextmedia.com.my](mailto:tony_tan@nextmedia.com.my)). Looking forward to seeing you at the Bean!!

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## MCF Field Trip for Parents

Kaylene Stove

[kasmal08@yahoo.com](mailto:kasmal08@yahoo.com)

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Don't forget the MCF field trip for parents is coming up soon! Join us on a fun trip out to LSG Skychefs Brahim (at the airport) and discover where all those in-flight meals come from!

**When:** 7th April

**How Much?** RM50 (includes lunch)

**Time:** Leave 8.45am (after drop-off) Return 2.30pm (latest)

Seats are limited to 25 and are filling fast, so don't miss out. Register your interest by 15th March by e-mail Kaylene ([kasmal08@yahoo.com](mailto:kasmal08@yahoo.com)) Marjolein ([hartingfamily@hotmail.com](mailto:hartingfamily@hotmail.com)) We will have a table in the breezeway on Monday 22nd March, before and after school, for payment and final confirmations.

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**PA Little League Baseball**  
**Trang Revere**  
trangrevere@mac.com

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**Let's Play Ball**



**Baseball is on as usual this Saturday, 13 March 2010.**



PLAYING TIMES: BASEBALL  
8:45am - 10:30am

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**PA Little League Basketball**  
**Kim Cheong**  
kimtho.cheong@gmail.com

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**THERE WILL BE NO BASKETBALL THIS WEEK – 13 MARCH 2010.**

See you all again next week!

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**Inviting Canadian Families to Mari Makan 2010**  
**Denise Frenette**  
blhm@streamyx.com

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We invite all Canadian families and teachers at M'KIS to participate and join in the fun at this year's Mari Makan, Friday, April 23, 2010 at 7p.m.

The Canadian table will feature deserts from our home country. We are asking everyone to contribute 1 desert. Ticket price is RM15 per person with food and RM60 per person without food.

We look forward to seeing you there.

For more information or to confirm your attendance, please call Denise at 017-331-9253 or Anne at 016-233-9342



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## Fun Fair on March 14<sup>th</sup>!

Fay Cabrera

fay\_cabrera@yahoo.com / 012 209 8724

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The waiting is finally over!!! This Sunday, **March 14<sup>th</sup>, from 10 in the morning till 3 in the afternoon**, be ready to have LOTS and LOTS of FUN at the 2010 M'KIS Fun Fair!!! REMEMBER that FUN FAIR is for EVERYONE. We have something to entertain each and every member of the family!

Here's just a sneak preview of what's in store for all of us at Fun Fair:

**Games** – Kids can look forward to the following activities & games: Climbing Wall, Face Painting, Air Tattoo, the Mechanical Bull, the ever-popular Dunking Booth, the F1 Simulator, Harry Potter, Sumo Wrestling, Gladiators, Balloon Pop, Fishing, Golf and a lot more!

**Shopping** – We have a huge variety of vendors participating and offering so many exciting items this year, like jewelry, children's toys, home décor, women's wear, shoes and accessories, organic vegetables, recyclable shopping bags, t-shirts, and so much more.

**Entertainment** – You will be entertained by our very own High School Swing Band, Elementary, and Middle/High School Idol Winners, a Magic Show, a Science Demonstration and a special dance performance by the group of teachers who brought the house down at the recent Teachers' Variety Show!!!

**Food & Drinks** – You will never go hungry or thirsty at the Fun Fair!!! You can feast on the following: Japanese and Korean food, pizza, Cotton Candy & the Chocolate Fountain for kids (and the young at heart), Mocktails & Fruit Punch. We will also have lots of freebies: free-flowing Gatorade and Revive courtesy of Pepsi and thirst-quenching drinks to be provided by our sponsor, the Walton Group!

**Prizes Galore** – You may already have seen them displayed this week at the library – our fantastic room moms outdid themselves this year in coming up with a wonderful array of baskets for the Lucky Draw and Silent Auction! Aside from the baskets, we also have a lot of exciting Silent Auction items to bid on. Be sure to quickly bid on the Embun Day Spa vouchers, a Pan Pacific Hotel voucher, lots of dinner vouchers from different restaurants, and so much more!

If you haven't bought your tickets and tokens yet, you may still get them at the entrance on the day itself. Remember that for this year's event, we have waived the entry fee for grown-ups and children below 3 years old. For the rest (students/children 3 and above), the entry ticket is RM5 but each entry ticket entitles the bearer a chance to win wonderful prizes in the lucky draw! Do remember that you will need tokens for the games and booths as well as to buy food from most vendors. Each token booklet has 10 tokens and costs RM15.

***So, come one, come all!!! Join in the FUN, FUN, FUN of this year's FUN FAIR!***

## Elementary Lunch Menu

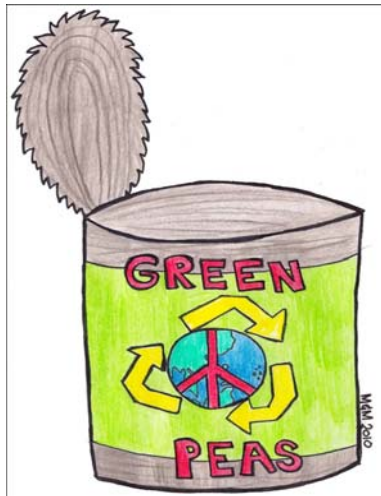
<b>March</b>				
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
RM 6.50 per bag inclusive of a choice of drink				
<b>SET A</b>				
English Roast Beef s/w Tortilla Bread	Turkey Ham Sandwich w/ Whole meal Bread	Tuna Sandwich w/ Whole meal Bread	Tuna Sandwich w/ Whole meal Bread	Chicken Patty on Bun s/w Lettuce & Mayo
<b>SET B</b>				
Grilled Fish s/w Fries & Tartar Sauce	Beef Meat Balls s/w Sautéed Potatoes	Chicken Spring Roll s/w Tomato & Cucumber Salad	Shepherd's Pie (Beef) s/w Steam Broccoli	Beef Slice in Pita Bread s/w Gravy
<b>HOT LUNCH</b>				
Crispy Coated Chicken Breast s/w Roasted Wedges	Chicken Teriyaki Dippers s/w Steam Rice & Steam Veggie	Cheese Pizza	Chicken Lasagna s/w Fresh Garden Salad	Roasted Chicken Rice set s/w Cucumber Slice
<b>Choice of Drinks</b>				
Mineral Water or Apple Juice	Mineral Water or Strawberry Milk	Mineral Water or Orange Juice	Mineral Water or Chocolate	Mineral Water or Plain Milk

Brought to you by SHF CATERING SERVICES (M) SDN BHD (822648-A)  
(Formerly known as SKY PEACH Sdn Bhd)

# Anything to SELL?

To the M'KIS community,

An earth care fair is coming up soon, if there are any goods you would like to sell please feel free to participate in the fair! *Only* RM50 will be charged per table for three whole days! Talk about bargain 😊 Don't miss this chance and take advantage of it! For further information or questions regarding the fair please contact [earthcarefair2010@gmail.com](mailto:earthcarefair2010@gmail.com)



**When?** April 21-23 PM3:00~4:30

**Where?** In the Breezeway

### ※ Cautions ※

The items must be school appropriate and it would be preferred if the items are related to an environmental friendly theme. Also, please note that plastic bags will be strictly prohibited.

Brought to you by M&M class



# U9 & U11 Great Race Duathlon



## What is a duathlon?

A duathlon is an event that combines two activities such as running and swimming. Training for and competing in duathlons has become a popular way to achieve overall fitness, since more muscles are being used as compared to training for just one of these activities.

## M'KIS will be hosting this year's U9/U11 GREAT RACE Duathlon

This event's primary goal is to show our youngsters that healthy outdoor activities are fun, exciting, and rewarding, in turn helping them to improve their fitness.

### Distances

<b>U9</b>	<b>100m Swim (deep water) + 1km Run</b>
<b>U11</b>	<b>150m Swim (deep water) + 1.5km Run</b>

**\* Interested participants must be able to comfortably and competently complete the above distances without stopping in order to register for this event.**

### General Information

Event Date:	Tuesday, March 23 <sup>rd</sup> 2010
Location:	M'KIS
Registration Deadline:	March 18, 2010
Time:	Expected start time is 3:30pm.
<u>Team Training:</u>	Friday, March 12 <sup>th</sup> 3:15 pm- 4:45 pm Pool

**Open to any students in grades 3-5 only!**

## U9 & U11 Great Race Duathlon - March 23<sup>rd</sup>, 2010

Please register my child \_\_\_\_\_ in class \_\_\_\_\_ in the March 23<sup>rd</sup> Duathlon. I understand that my child will need to train on their own time as well as attend the March 12<sup>th</sup> Team Training Session.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Number \_\_\_\_\_