

Dasmesh Times

Sri Dasmesh International School



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Sports Day 2015

By Urmilla Ganesan

If you thought only typhoons could blow you away, you definitely missed Sri Dasmesh International School's movie franchise themed Sports Day 2015. This magnificent event took place at the UM Sports Arena on 14 March '15.



Before the students took off for their running events, the respective houses warmed up on the track by showing off their costumes, war cry, parade and flamboyant dance moves. Teachers were not left out, marching and dancing away with their students!

The Blue Jedis empowered the crowd with their force, the Yellow Mockingjays left the crowd breathless, the Green Guardians gave everyone in the arena chills as they filled the air with their spirits while the Red Dwarfs set fire to the track as they marched their way

to victory; winning the Best House Presentation Award.

After the teams had proudly shown off their delineated banners, students and teachers came together to recite the sports pledge led by the 4 House Captains. Year 1 and 2 students congregated for the Tele match shortly after. It was incredible to see the confidence and energy of each individual.

The athletics events saw new athletes emerge with electrifying stamina and speed, while the Seniors gave it their all as it was their last sports day in SDIS. Dilpreet Kaur and

Chai Jee Fong were named Sportswoman and Sportsman of the Senior Category, while Akaaljot Singh, Rohit Singh, Kabir Singh and Beverly Siow received the same award for their respective categories.

The Yellow Mockingjays took back many medals that day including the most prestigious challenge trophy; The Best House Award 2015. Sri Dasmesh International School has done a splendid job in training their students to be amazing athletes with great sportsmanship and leadership.



Editor's Note

By Phel Kaur

2015 started-off with a bang! We were welcomed back to school with the initiation of the Courtesy and Cleanliness Week. Student Council members worked tirelessly to put up the event. As the days passed, students started gearing up for the much anticipated Sports Day. In February, the Year 11s helped organise the Sports Camp. This was enthusiastically participated by the secondary students. Soon after, it was time for students to showcase their sporty talents during the Cross Country Run. Students competed for top places. Not long after, the time had come. The battle of the four houses. Sports Day was a success thanks to every student's involvement and contribution. All in all, the first term concluded on a bright note. Now that Sports Day is behind us, it's high time that the students start putting in effort into acing their subjects. All the best :)

Sports Camp

By Kulendran Kandasamy

On 24th January 2015 the Annual Sports Camp was held for all secondary students. The SDIS sports camp aims to test the physical strength and endurance of every secondary student. The sports camp was held in school and Year 11 students manned the fitness stations. There were 11 fitness stations at different locations to grade students' fitness levels. Students had to do sit ups, lunges, stair run, suicide cones, and skipping.

Students gathered at the courtyard at 7.45 for a warm-up session led by myself, after which they were split into groups according to gender and age. Mr Gurcharan and Mr Iqbal delivered a briefing regarding the camp. Students then proceeded to the fitness stations to begin the daunting programme. Each student's fitness level was graded based on the quantity of the exercise done in one minute. It was great to see classmates cheering for their friends in the race against time.

At around 9.15 the students were given a 45-minute break. In the meantime a handful of Year 11 students attempted to test their fitness levels, aiming to beat benchmarks set by their peers. When the break ended the students realised they had miscalculated by eating 'nasi lemak' and consuming too much fluid. They groaned as they could not handle the pressure after such a heavy meal. That was a big lesson to learn!

Most students completed all the stations at around 11.00 and a warm-down session was held before students were allowed to depart.

The following Tuesday, results for all the stations were posted on the sports board. It was no surprise that Year 10 boys and girls dominated most of the top places however it was encouraging to note that Year 8 and Year 9 students were catching up swiftly.



Cross Country

By Manisha Kaur

Long, fun, exhausting, and sweaty- cross country is a much awaited event for most Dasmeshians. On 14th February 2015, a Saturday morning, Sri Dasmesh International School had its 15th Annual Cross Country Run at Stadium Sri Permaisuri, Cheras. The weather could not have been better with just enough sun whilst the atmosphere in the stadium was buzzing with excitement and adrenaline. The crowd of students, teachers and parents were joined by former students who came to help out with the checkpoints and the organisation of the event



At 7 am, students began to do warm up exercises to prepare for the run. Each house captain gathered their members on the field to participate in group stretching. To kick off the Sports Spirit for the upcoming Sports Day, points were awarded to winners as well as those who completed the race within the qualifying time set by the Sports Committee.

Flag off was at 7.15. The first with their parents, and lastly Group A. Group A The route felt like eternity I was punctured and well-country or long distance excruciatingly crucial. our fuel source and we need carry on running for some and our bodies go into oxygen breathing heavily. injuries this year.

“When I am losing strength and I feel like stopping, I always look at the legs of the person jogging in front of me.”

Juniors, Year 1 and 2, took off followed by Group C, Group B had to run almost 7 km in total. but I had fun running it although spent at the end. For cross-races, breathing and stamina are Running requires fuel. Oxygen is lots of it when running. As we time, our oxygen supply decreases oxygen-debt, resulting in us panting Fortunately, there were no severe

Moreover, stamina grows from frequent exercise. It is imperative that we exercise on a regular basis. Exercise does not mean long workouts with heavy weights and vigorous movements but to get in touch with your whole body and stretch your muscles. The original meaning of exercise (Latin "ex-arcere") is "to move out of confinement or restraint." During the race, I struggled to maintain my pace, taking deep breaths and keeping my momentum. When I am losing strength and I feel like stopping, I always look at the legs of the person jogging in front of me. I observe them moving back and forth continuously like a cycle that never stops and I fixate my mind on that.



In my opinion, the biggest hurdle when it comes to this event is the mental strength. The barrier is that there is no one there to support you but yourself and this is not easy to overcome. Your body will be tired, your muscles will be aching and your legs will be begging you to stop, but you must strive to motivate yourself and tell yourself that you CAN DO IT! It is all in your mind, if you choose to go on, your body will continue but if you decide to stop, your body will not persevere. It all comes down to you. We tend to feel nervous, scared and imagine that we cannot do it but even when you do not feel your best, you must still give your best!

To briefly conclude, it was an energy-draining yet joyous event. There were winners, there was healthy competition, there was sportsmanship, there were some who felt sad at losing, there were records and there was ice-cream.

Chinese New Year

By Lee Marsha



Chinese New Year isn't actually the new year of the Chinese; it actually came about when these monsters called 'Nians' used to eat the crops that the villagers grew. So, a man came up with an idea where he set off fireworks and hung the colour red everywhere. This frightened the 'Nians' when they tried to attack the village. However, there is another celebration in early February called 'Li Chun' ('Lap Chun' in Cantonese) and it marks the first term in the 24 terms of the Chinese solar calendar. It is believed that the Earth emits some kind of energy force on this day to support the egg in upstanding position. This signifies a prosperous new year.



Courtesy and Cleanliness week

By Seetalprith Kaur

Student Council members of Sri Dasmesh International School worked hand in hand to make the Courtesy and Cleanliness Week a great success under the guidance of Ms. Anita and Ms. Asvinder. They held meetings every day of the week from the 5th to the 9th of January to ensure Courtesy and Cleanliness week went on smoothly.

This event was held from 12th to 16th January. Stimulating activities were carried out every day to cultivate the habits of courtesy and cleanliness amongst the SDIS community. An introduction about Courtesy and Cleanliness week was done by the President of the Student Council, Russell Sidhu during the Monday morning assembly.

The Dasmesh Times is brought to you by SDIS students. All articles, pictures and layout are contributed by students. Students wishing to contribute articles related to any school activity are welcome to approach the Editor, Phel Kaur from Y11 Newton.

The following activities were held throughout the week:

- A skit was performed by Trishpal, Gurjeevan and Harmander during assembly
- A video on cleanliness was screened for the primary and secondary students during their lunch break
- Recycling Challenge
- Cleanest Class Challenge

The Recycling Challenge was won by Year 10 and the Cleanest Class Challenge was won by Year 4 Newton. As their reward, both classes will be awarded 100 ringgit each.

Did you Know ?

One ton of recycled paper can save

- 17 trees
- 380 gallons of oil
- Three cubic yards of landfill space
- 4,000 kilowatts of energy
- 7,000 gallons of water



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