Resilience

THE ART OF SEEING OUR CHILD 'SUFFER'

By Ms. Shasha

Helicopter Parenting (part II)

Helicopter parenting refers to an overprotective and very involved parenting style. Helicopter parents tend to pay extremely close attention to their kids' activities and schoolwork in an effort not only to protect them from pain and disappointment but also to help them succeed.

As parents, we want out children to grow up to be strong, not easily discouraged and able to get up and try again even if they fail. **This is Resilience**, a **trait that let kids come away from setbacks with something positive.** It's about coping with challenges. Kids who are resilient come back and try again.

Parents who practice Helicopter Parenting usually can't stand to see their children suffering in trouble, won't let their children 'struggle', and will immediately remove all obstacles for their children.

Impacts:

#1 Children have low self-esteem and low self-confidence

As a child becomes older, they may doubt their abilities since they've never had to figure out anything on their own. They might feel that their parents don't trust them to make their own decisions and even question whether they can manage their own lives.

#2 Children are less able to deal with challenges

Children are not trained to solve their problems and are accustomed to depending on their parents to solve problems. Of course, resilience will not develop in these conditions.

The question is: How can children develop resilience if parents are overprotective to their children?

How to develop resilience in children?

1) Stop being an overly anxious parent.
Restrain yourself and learn to manage your emotions.
2) Understand that failure, disappointment, sadness, and anger are normal human experiences.
3) Give guidance and direction little by little, not immediate solutions.
4) Motivate and boost your child's confidence.
5) Help your child understand his/her strengths.

Reference:
https://www.apa.org/news/press/releases/2018/06/helicopter-parenting
https://positivepsychology.com/resilience-in-children/

Content:

NEVER GIVE UP BECAUSE GREAT THINGS TAKE TIME

RECOGNITION
2023

GENERAL EXCELLENCE AWARDEES

PRIMARY 1
- Anna Claire Wirahardja
- Dylan Finn Andrew
- Cayden Matthew Tirtakusuma

PRIMARY 2
- Victorius Alexander Ethan X.
- Arthalita Rebecca Sinurat
- Joshua Osborn Eldridge Lim

PRIMARY 3
- Sean Emmanuel Sastrawidjaja
- Nicole Christie Sulianto
- Khalessi Katniss Hadipratolo

PRIMARY 4
- Keonna Quinnbelle Sutantri
- Latisha Queenra Zaneta S.
- Mikhaela Naomi Farica

PRIMARY 5
- Immanuel Chrisiel Nikijuluw
- Richelle Tara Swann
- Evano Resnanda Raharjo

SUBJECT PROFICIENCY AWARDEES

Primary 1
- Katherine Claire Y.   : CME & Bahasa
- Jose Romeo S.   : Math
- Madeline Daisy H.   : Science
- Athanasia Aluvani R.   : Culture Art
- Timothy Paskah M.   : ICT
- Gabrielle Dominique H.T.   : PE & Mandarin
- Dylan Finn Andrew   : Religion & English

Primary 3
- Ellysia Kayleen S.   : Religion
- Nathanael Aaron   : Bahasa
- Athanasius Kalaena R.   : Math
- Gracielle Leticia Tio   : Science
- Jocelyn Effendi   : Social Studies & Culture Art
- Archie Thaddeus K.   : Mandarin
- Sean Emmanuel S.   : CME & English
- Nicole Christie   : PE
- Khalessi Katnis   : ICT

Primary 2
- Freya Lukmanda   : Religion
- Hugo Pieters N.   : Math, Culture Art, & ICT
- Kelyn Braun   : PE
- Aaron Thaddeus K.   : Mandarin
- Victorius Alexander E.   : Bahasa, Science, Social, English
- Arthalita Rebecca S.   : CME

Primary 4
- Clarissa Kathleen H.   : Math & Mandarin
- Sophie Andrianna S.   : ICT
- I Gusti Ngurah Ari B.   : PE
- Keonna Quinbelle S.   : Religion, CME, Science, Social, English
- Latisha Queenra Z.   : Bahasa & Culture Art

Primary 5
- Steven Geraldo   : Bahasa
- Kent Reagan S.   : Math & PE
- Marvin Zachary W.   : Social Studies
- Patricya Budianto   : Science, Culture Art, & Englsh
- Selena Alissa W.   : ICT
- Richelle Tara S.   : Religion & CME
- Evano Resnanda   : Mandarin

SPECIAL AWARDEES

BEST IN PENMANSHIP
- P 1. Emelyn Wijaya
- P2. Davine Rein Susanto
- P3. Jane Latisya Lam
- P4. Kelly Celis Kalim
- P5. Cheryl Naully Corinthya P.

MOST BEHAVED
- P 1. Jemima Milane A.
- P2. Kelyn Braun
- P3. Caitlyn Grizelda K.
- P4. Violla Natasha Y.
- P5. Jonathan Alexander Go

MOST FRIENDLY
- P 1. Rylynn Merielle Tan
- P2. Nicolaus Sebastian K. N.
- P3. Archelia Keisha P.
- P4. Samantha Mary B.
- P5. Jaden Maximilian K.

MOST RESPONSIBLE
- P 1. Anastasia Joy Lie
- P2. Halsten Andrea Bun
- P3. Kayren Valerie P.
- P4. Chica Valleryn
- P5. Nathanael Eugene X.

MOST DILIGENT
- P1. Rakaleel Hubert VM S.
- P2. Grace Olivia S.
- P3. Tricia Allegra S.
- P4. Vannessa Braun
- P5. Alvaro Nevin G.

MOST PUNCTUAL
- P 1. Darren Edric L.
- P2. Raia Andika
- P3. Gregorius Wiraja S.
- P4. Leonell Iskandar
- P5. Isabella Olivia Lim

GRADUATION & AWARDS

PRIMARY 6 STUDENTS
Class of 2022/2023

GENERAL EXCELLENCE AWARDEES

- **Valedictorian** : Nikodemus Kenzo Alexander
- **Salutatorian** : Catherine Margaretha Anabelle
- **1st Honorable Mention** : Madelaine Kuntoro
- **2nd Honorable Mention** : Valerie Clarissa Susanto
- **3rd Honorable Mention** : Jedd Clarence Vetrinov
- **Academic Excellence** : Darlene Jesslyn Effendy
- **Academic Excellence** : Annabella Renatta Yanuar
- **Academic Excellence** : Darren Alexander Wesley Erwin
- **Academic Excellence** : Jonathan Kevin Carlson
- **Academic Excellence** : Rafela Aleta Damara H.

SUBJECT PROFICIENCY AWARDEES

- **Best in Religion** : Nikodemus Kenzo Alexander
- **Best in CME** : Nikodemus Kenzo Alexander
- **Best in Bahasa Indonesia** : Nikodemus Kenzo Alexander
- **Best in Math** : Valerie Clarissa Susanto
- **Best in Science** : Nikodemus Kenzo Alexander
- **Best in Social Studies** : Nikodemus Kenzo Alexander
- **Best in Art** : Jedd Clarence Vetrinov
- **Best in Physical Education** : Bambang Kenzie Harlyanto
- **Best in English** : Catherine Margaretha Anabelle
- **Best in Mandarin** : Annabella Renatta Yanuar
- **Best in Computer** : Valerie Clarissa Susanto

SPECIAL AWARDEES

- **Model Student of The Year** : Gwen Elizabeth Kwee
- **Global Citizenship Award** : Annabella Renatta Yanuar
- **Notable Improvement Award** : Medalaine Kuntoro

JISMO

Japan International Science and Mathematics Olympiad

- Celestyn E. Emmanuella (Good effort)
- Aldwin Sukmadjaja (Good effort)
- Callista H. Chandra (Sapphire)
- Victorius Alexander Ethan (Good effort)
- Arthalita R. Sinurat (Ruby)
- Halsten Andrea Bun (Good effort)
- Freya Lukmanda (Ruby)
- Vagisha Devi (Sapphire)
- Raia Andika (Sapphire)
- Joshua Osborn E. Lim (Sapire)
- Hugo P. Nenuwu (Good effort)
- Lionel A. Halim (Sapire)
- Xavier D. Kwok (Emerald)
- Darren E. Wesley (Good effort)
- Vittorio Ramoti Pairunan Sigiro P6 (Sapphire)

O2SN

Olimpiade Olahraga Siswa Nasionalis

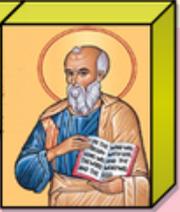**Third Place in Sub-district Level Competition:**
- Michael Aaron Clement (Badminton)
- Andrian Joshua Edgardo Marpaung (Swimming)
- Fyola Andrine Marpaung (Swimming)

FL2SN

Festival Lomba Seni Siswa Nasional

the 2nd consolation prize winner in solo singing competition:
- Celestyn Evangeline Emmanuella

INTRAMURAL AND EXTRAMURAL ACTIVITIES
By Ms. Novel

FIRST COMMUNION

June 11, 2023 was the significant event of our Primary 4 students. There were 31 students who received their first Holy Communion in Maria Kusuma Karmel Church. It was a celebration of Jesus' presence to the students who received it. Congratulations to all of you. God bless you.

EASTER CELEBRATION

This activity is conducted every year to commemorate Jesus' resurrection. There are competition such as coloring, drawing and egg hunting.
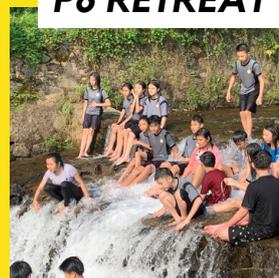
QUIZ BEE

This activity was conducted to promote excellence in Math, Science and English among the students. Finalist were chosen through an elimination round. The winner from each class then competed in the final round.

HOLY MASS

Teachers, students, and parents attend the Holy Mass to worship and to receive God's grace, to unify with Him and with other worshipers through the sacrament of the Eucharist. KG until senior high school students gather in MKK every first Friday of the month to embrace the grace Christ pours out for us shed by his own blood on the cross.

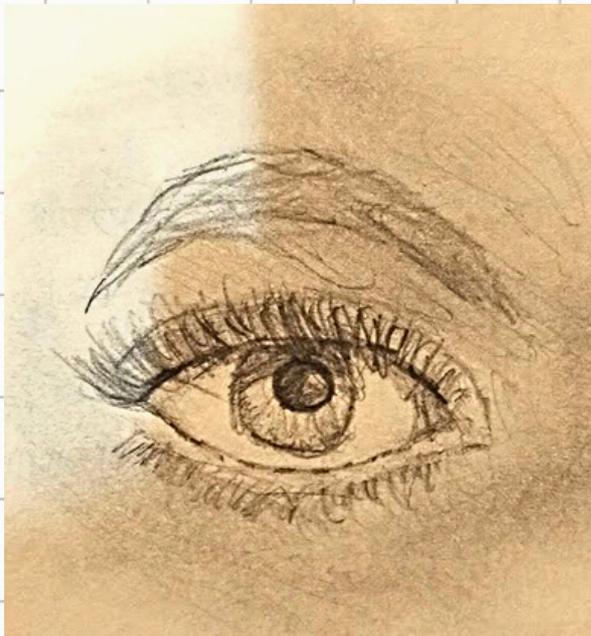## P6 RETREAT

The Legend of the Nyx Witch

By Kelly (P4A)

An orphan named Rae was running in the woods when she tripped over a rock and passed out. When she woke up, she found herself in a small cottage. She saw a person making something that seemed to be a drink. The person walked towards Rae and handed her tea in a mug.

Looking at her, Rae was reminded of a legend her father told her about someone called the Nyx witch, so she asked the woman, "Are you the Nyx witch? " But the women stayed silent, not wanting to interfere. Rae also stayed silent. Suddenly, five guards barged in, took Rae away and put her in a cage.
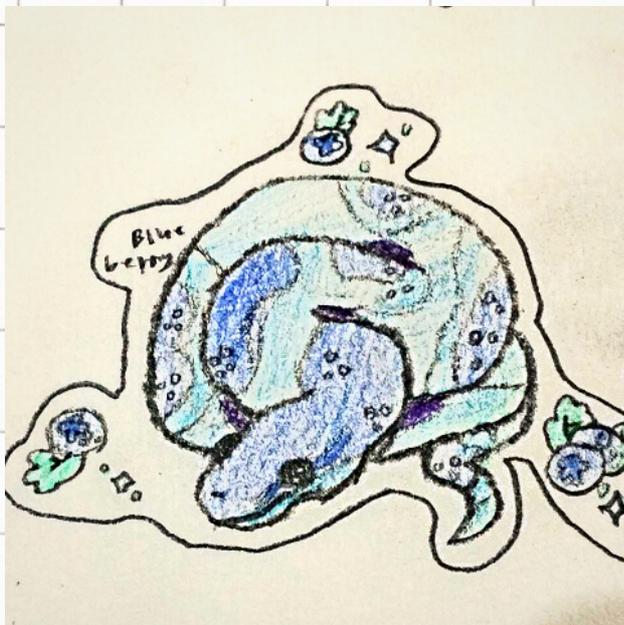
Accidentally, a guard dropped his keys near Rae's cage, but they weren't close enough to reach them. She looked around, found a branch, could take the keys, and escaped. After a short while, an alarm rang, so she ran into the woods but tripped over a rock. Three guards surrounded her. Suddenly, a fox leaped in between the guards and Rae and turned into a dragon. The guards ran in fear. The dragon turned into the woman she met in the cottage, so Rae decided to live with the woman.

By Reanne (P4A)

By Keonna (P4A)

By Reanne (P4A)

By Lovely (P5A)

Johnpedia

WHAT IS ARTIFICIAL INTELLIGENCE?
Empowering Heart and Minds for AI Driven Future

What is AI?

Have you ever used a Voice Assistant like Siri or Alexa? Have you ever wondered how they work, do your commands, and answer all your questions?

AI stands for **"artificial intelligence,"** which is a technology that makes machines smart. It helps them understand and learn things, just like humans do. AI helps machines learn from information and experiences, much like how children learn new things. AI is like a brain for machines that helps them think and make decisions.

Example of AI:
1. Voice Assistants
2. Personalized Recommendations
3. Smart Home Devices
4. Virtual Assistant
5. Healthcare Application
6. Autonomous Vehicles

Limitation of AI:
1. Lack of Understanding Context
2. Lack of Common Sense
3. Data Dependence
4. Limited Creativity
5. Lack of Emotional Understanding
6. Security and Privacy Concern
7. Ethical and Social Implication

Congratulations graduates!
CLASS OF 2023

Upcoming Event

July

July	: Parents Orientation Day
10 July	: First Day of School
11 July	: Holy Mass
10-12 July	: Student Orientation

August

August	: Open House
17 August	: Flag Hoisting
18 August	: Independence Day Celebration

Excur in Action

Modern Dance

Scouting

Home Economics

Ballet

Basketball

Badminton