

# EPSOM MONTHLY

ISSUE 05 • FEBRUARY 2022

FOR EPSOMIANS BY EPSOMIANS



CNY, ROSEBERY PORCH



OPEN MIC NIGHT < VALENTINES



# FOREWORD

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Welcome to the March issue of our Epsom Monthly Magazine!

This term, we have an amazing array of student-led events, with daily events organised by our student body including our academic societies and boarding houses. All these activities provide wonderful opportunities for our students to engage with each other as now, more than ever, Epsom is a place where you can learn, strive and shine by stepping out of your comfort zone and trying something new.



**Phil Pedro**  
Head of Business  
& Econ, EPQ,  
Assistant  
Headteacher  
(Senior School)  
Epsom  
International  
School

Our Epsom Live Talks is one of our successful events. These fantastic presentations inspire our students to think outside the box and encourage them to expand their knowledge directly from our community's own experience. In addition, the sessions are a great way to be inspired by their fellow peers' research, challenges and achievements.

In our first Epsom Live Talk this term, Hiro shared his selfless work as a volunteer for Doctors without Borders in Cambodia and Japan. This life-changing experience made him realise the divide between developed and developing countries and how fortunate we are to access healthcare and necessities.

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Further Epsom Live Talks include our Head of College, Manfred, presenting his experience, research and reflections on leadership. Aloysius and Sonya will expand on their radio podcast and explore the challenges around gender inequality. Molly will discuss events in Myanmar and the political and economic uncertainty the country is facing. Finally, we have a special guest, Dato Foong Chee Meng, a prominent solicitor and business advisor, who will share his experience of studying law in Australia and his career progress in his Epsom Live Talk.

The Business & Economics Society has also participated in the series of Live Talks and presented their journey from the society's inception to now. It is incredible how Jing Yan, the leader of the BSE society, and her team have developed in such a short period of time. With an organised board-member structure, the BSE society runs weekly meetings and presentations and opened a coffee shop recently in the Sixth Form Centre with a Foundation for profits to be distributed within our community and local charities supporting entrepreneurship.

We welcome readers to contribute any topic or ideas for our weekly Epsom Live Talks and encourage you to inspire, lead and engage in our student-led activities. Taking risks outside of our comfort zone is where we learn the most!

I am very much looking forward to seeing you at any of our school community events.

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# EDITOR'S NOTE

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CADENCE ONG JING HAN



Hey guys! It's nice to meet y'all again :)  
This time, I am not alone but with a group of my lovely team members - I am so excited and proud to announce that the **Epsom Magazine Society** has been officially established!

Epsom Monthly is a magazine created by Epsomians for Epsomians - which means this society will be the **best platform** for you to express your enthusiasm in writing and develop various skills such as interviewing, editing, designing, organising, photographing and digital media skills.

What's more? From this issue onwards, there will be an **art corner** for those who would like their artwork to be featured in the school magazines. It could be anything - drawings, digital arts, comics, origami etc.

If you would like to feature your own masterpiece no matter in an article form, art form or story writing, drop us an email at [magazine@epsomschool.com](mailto:magazine@epsomschool.com).

Enjoy reading!

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anything specific you're looking for ?

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# VALENTINE'S SOCIAL

## Thet Htarr May (Molly)

Valentine's day is the day of sharing and receiving love, gifting your loved ones and making them happy like how you should every other day. It's also a special day to honor Saint Valentine for his belief in the importance of love. On this day, people show their affection for one another by sending flowers, chocolates and cards. It's not just for lovers, it's for families, friends and teachers. Let's take a look at Epsom's post-Valentine's day.



Of course, there is no doubt that the social prefects and heads of houses have once again exceeded our expectations. On the 16th of February, the prefects managed to successfully host a Valentine dinner, an Open Mic with the theme of love and an evening social through hardships of the week due to the covid cases.



During the dinner from 5:30 till 6:45, red velvet and chocolate cupcakes were served alongside strawberries and marshmallows with melted chocolate. The students made beautiful music during the Open Mic performance which was happening simultaneously. The music ranges from pop-rock to blues to country but all conveyed the message: love. It was an enjoyable dinner filled with love and laughter.

## Continuation...

Later in the evening, the social took place near Granville and Propert with many activities and a food-selling counter with pizza and drinks at affordable prices. There were many games such as “truth or dare beer pong”, “trivia and cream slap”, “oreo and marshmallow game”, “dancing” and “pictionary”. It was really funny when kids get a wrong answer during trivia and they get slapped by whip cream, but they were far from giving up. I guess it's an Epsomian's pride and determination thing. Personally, my favourite was the truth or dare where things get spicy for potential lovebirds because their friends have no hesitation in exposing them.

I didn't believe in the saying, “Love comes in all forms”, until I heard my friend running down the road singing “Negaraku”. Of course, her love for the country is also valid because “love comes in all forms”. What I am so grateful for would be the fact that the prefects have carefully arranged the time slots for different key stages to avoid overcrowding and maintain social distancing so that everyone can have a great time. Setting up and cleaning were done flawlessly to make sure that the event goes smoothly. I think it was an enjoyable evening filled with love and laughter.

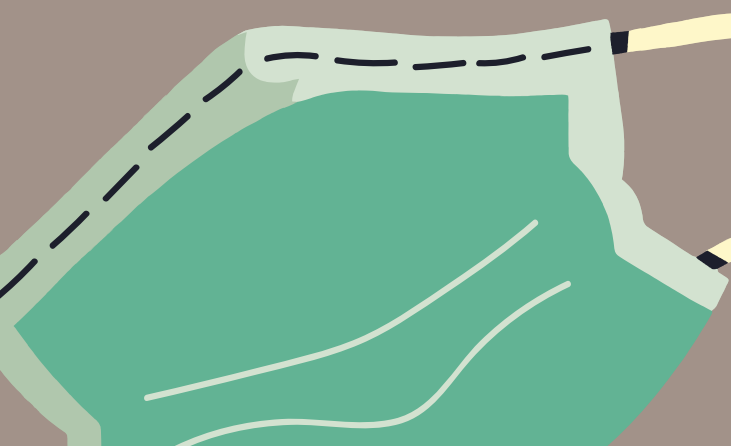






LET'S ALL HELP  
IN SLOWING  
THE SPREAD  
OF COVID-19 !!

A friendly reminder to  
uphold the necessary S.O.P's





# MEDICAL SCHOOL SUPPORT



By Hirotsugu Takami

To become a strong candidate, students should participate in super curricular activities such as wider reading, sample lectures, essay competitions, etc.

At Epsom, students are educated to prepare themselves for a bright future. Each student is given opportunities to get to know about the different pathways after GCSE and A-Levels through a series of presentations by staff or people from outside such as MABECS.

I am now in Y13 and have already gone through the medical school application process. I understand that applying to medical school is extremely challenging due to the amount of work you are required to do. That is why I have started a weekly application support session just for med school applicants. When I was in the process of applying, I struggled a lot because there were too many things that I did not know about. Now that I know pretty much everything a med school applicant needs to know, Bernice who has also applied to medical school and I are passing that information onto Y12 Future Doctors!

In the first week, I did a presentation on the overall application process to UK medical schools as most of the students are planning to apply to the UK. One session is of course not enough for them so next week will be about the extra-curricular activities they should get involved in. This session will be led by Bernice. The reason why extra-curricular activities are essential is that getting A\*s is just not enough for Medicine!

Besides, having work experience strengthens your application as it proves to medical schools that you are still committed to pursuing Medicine after taking time to learn about the realities of being a doctor. However, due to the restrictions caused by the COVID-19 pandemic, it would be safer and more possible to have an e-working experience than an actual one. Great news is that Brighton and Sussex Medical School (BSMS) is providing a free virtual work experience where you can get to know the clinical education with plenty of videos and presentations slides.

Another important thing in the medical school application process is the admission test. Medical schools in the UK require either UCAT or BMAT (except for the University of Buckingham). These tests are used to identify the candidates' potential of becoming GOOD doctors. Most universities use the scores from these tests to shortlist applicants for interviews as the next stage of the application process. This may sound terrifying but no worries, Bernice and I will be giving you advice and sharing with you the tips on how to get high scores in the admission tests through a series of support sessions.



YI CHEN LEE

“ - - - - -

Don't simply choose a subject that everyone else is choosing.

Instead, choose a subject that YOU like and have the passion for.

- - - - - ”

## ADVICE ON A-LEVEL SUBJECT OPTIONS

BERNIE TAN WAI LING

“

Research the subject requirements for your undergraduate studies before choosing your A-Level subjects and take subjects that you are strong at into consideration.

”

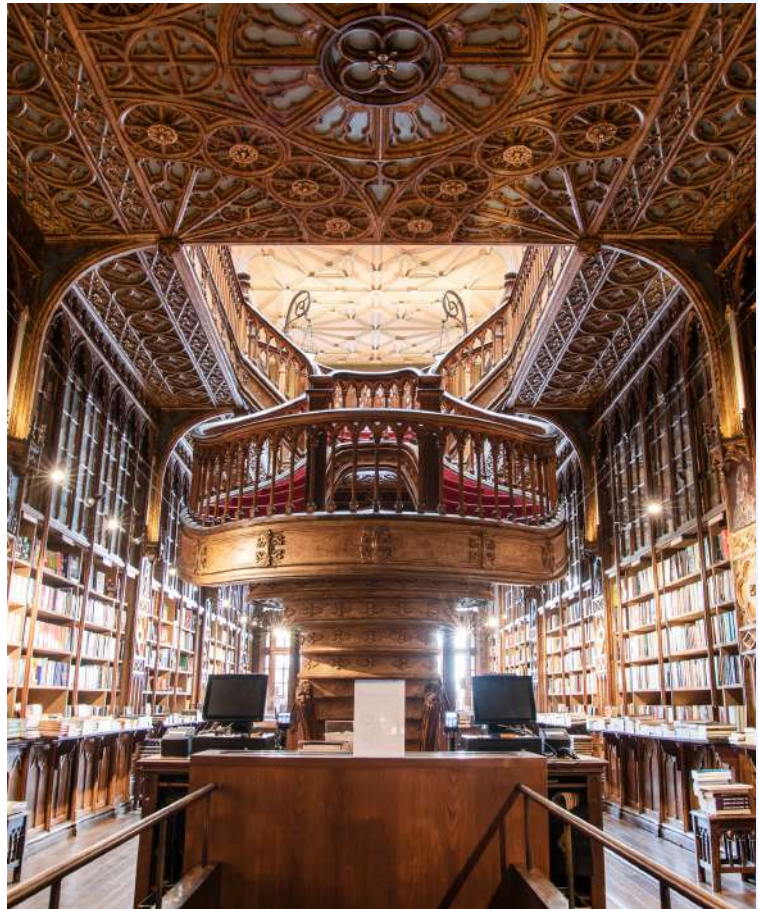




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CADENCE ONG JING HAN

If you are still unsure about what degree course to pursue, keep your options open by taking some “facilitating subjects” – subjects that are most frequently required for admission in top universities and would allow you to be accepted onto a range of degree options.



These subjects include mathematics, further mathematics, English literature, physics, biology, chemistry, geography, history and languages.

Another piece of advice that I would like to give is to choose the subjects that you will enjoy and you will excel in because at the end of the day, you will still need to achieve good grades in order to get into top universities.



# ECSA 2021 RESULTS

By Cadence Ong Jing Han & Ong Paul Sherng

The academic prefects organised Epsom College Science Award (ECSA) 2021, an international research-based competition to cultivate students' passion for Science, Innovation and Technology.

We were delighted that professional judges accepted our invitation to judge the projects. For the Biology category, our judge was Dr. Ann Minchin, a graduate from the University College Dublin with BSc Hons 1st class in Botany and Biochemistry and later a PhD in Plant Physiology. She, too, used to be a teacher of Science and Biology in the University of Reading and then Ysgol Penglais School. For the Chemistry category, we have Dr. Wardsworth-Reay, Head of the Chemistry Department at Epsom College UK who graduated from the University of York and is a MChem and PhD holder. Judge for the Physics category was our very own Mr. Matthew Brown, Headmaster of our school who has 27 years of teaching experience in Physics and was an examiner for a UK national exam board for over 15 years. The time and effort of the judges spent on the judging process was greatly appreciated.

After a rigorous judging process, due to the high quality and well-researched projects submitted, on 10th of February, we were proud to announce the results for the competition (attached below). Winners were informed via email and a printable award certificate was issued. We will also be announcing the winners to the public on ECiM social media. (Instagram: @epsomschoolmy || Facebook: Epsom International School Malaysia)

Every participant who successfully completed the competition by submitting their research report and project display board will also receive a certificate of participation.

As mentioned earlier, the projects submitted will shortly be displayed on the ECSA webpage.

Once again, we would like to thank all participants for their excellent and innovative submissions and congratulations to the winners!



**Bio-008**

**Lim Wei Yee, Yong Song Lin, Tan Wei Xuan  
(Chung Ling Private High School, Malaysia)**



**Bio-016**

**Daniel Glynne, Arthur Van Grondelle,  
Sebastiaan Noordewier Maldonado  
(ECUK, United Kingdom)**



**Bio-012**

**Lim Yi Zheng  
(ECiM, Malaysia)**



**Chem-003**  
**Chloe Wong Kai Lin, Teoh Yoong Ler,**  
**Ong Wei Ji, Lau Ying Xin**  
**(SMK Ave Maria Convent, Malaysia)**



**Chem-004**  
**Tariro Chidewu**  
**(Christ Ministries High, Zimbabwe)**



**Chem-011**  
**Rae Emmett, Emily Worby**  
**(ECUK, United Kingdom)**





**Phys-007**  
**Anabelle Lee Syin Yee**  
**(Eaton International School, Malaysia)**



**Phys-010**  
**Euijune Lee**  
**(ECUK, United Kingdom)**



**Phys-011**  
**Amy Scerri and Paige Chamberlain**  
**(ECUK, United Kingdom)**

# ARMAN THE YOUTUBER

Interviewer: Cadence Ong Jing Han

Guest: Mohammad Arman Miqhail

**Cadence:** Hi Arman. I have just watched your new video - that's impressive! Could you share with us more about your journey as a Youtuber? Like when have you created a Youtube channel and what or who has inspired you to become a Youtuber?

**Arman:** Thank you for your support. Well, I created ArmanFireRomano in May 2018 with my first video being about a farewell party of my high school teacher who was leaving to teach low-income students IGCSE in a boarding school. Vloggers such as David Dobrik and Logan Paul were the ones who inspired me to record my life and share it with the world.

Their viral videos and the technical management that happens behind the scenes interested me to create my own youtube channel and learn to generate entertaining content that people would enjoy watching. These YouTubers do have controversial moments in their career but they managed to handle the challenges and revert the situation which made me continue supporting them.





**Cadence:** I see. So do you post videos regularly? Like on a weekly basis?

**Arman:** Nope. I posted on a monthly basis during the first year. Some videos included a family trip to South Korea and my experience joining a Halloween Carnival (Nights of Fright 7) in Sunway with my friends. In the second year, however, COVID-19 hit Malaysia and affected my uploads because I couldn't go out with my friends and have serial experiences. Nevertheless, I was still able to upload a few videos like High School Montages and a GoKart video where there was a clip of me drinking water from my shoe. It wasn't pleasant but I did it for entertainment. In the same year, I moved into a new college, Epsom College in Malaysia. I took a ten-month break to get comfortable with my new environment but still managed to upload a vlog of me and my friends trying the first Taco Bell Fast Food in Malaysia. In terms of uploading, I don't post a lot as I value quality over quantity. I usually post random stuff on Instagram (@armanfireromano) because my Youtube channel is a place for me to store my precious memories.

**Cadence:** From what you have mentioned, I could see that you are an original content creator. I suppose producing original content for Youtube isn't an easy task. Do you ever feel like giving up?

**Arman:** Yea, of course, I did, but I am glad that I have my family and friends who have supported me since the beginning of my career as a part-time Youtuber and helped my channel grow.



**Cadence:** What about this time? I suppose making this “behind the scenes” video would definitely consume a lot of time to do filming and editing. Did the thought of giving up strike your mind halfway through your edits?

**Arman:** That’s true. I have spent about three months creating “The Rise and Fall of Granville” by using only my mobile phone to edit it. I had to go through over three hours of content and edit it to a digestible content of half an hour. To be honest, I really wanted to give up halfway, especially the time when we all were going to have mocks in January. However, my friends were there for me. They motivated me and hoped that I could get the video published on Youtube. I just couldn’t let them down and so here I am with my ECiM House Band Competition video!

**Cadence:** I am glad that you didn’t call a halt to the video. It seemed like everyone, including teachers, loved it!

**Arman:** Yup, I was so grateful to the Epsom community - they are just amazingly supportive! You know what, I was actually quite anxious at first because I wasn’t sure if people would be interested in this kind of video as it was longer than my previous uploads. Anyway, it turned out to be the top-rated video in my Youtube channel so far and it almost doubled in terms of views and likes compared to my former top-rated video. The number of subscribers to ArmanFireRomano increases too. The positive feedback and comments that I have received really made my day. I couldn’t ask for a better fan base and community. At the end, everything was worth the effort.



**Cadence:** How exciting! It's good to hear that your Youtube channel grows with the support of the Epsom community. Your effort deserves all the kind words, Arman.

**Arman:** Thank you. Well, I am definitely proud of my achievement but I think I couldn't have done this without you all. I would like to seize this opportunity to give credit to my supportive friends including you, Ben, Paul, Cata, Wafi, Asheer, the Granville house and of course, the whole school. Because of you guys, I'm at the position I'm at right now.

**Cadence:** That's so lovely. It's my pleasure. By the way, I think many people will be curious about this - do you think you will become a full-time Youtuber after this?

**Arman:** Hmm, probably. I will consider becoming a full-time Youtuber but I would like to focus on my studies first because not many people have the opportunity that I currently have. If anyone would like to be a Youtuber, I would suggest that you should try it as a part-time job first, until you can generate the same amount of income as your existing job then only make the switch. I'm saying this because, at the end of the day, you still have living expenses to cover. That's also another thing that I would like to say to future Youtube creators: share your content with your family and friends and let them know how they can support your channel. This is how you can start growing the channel and have supporters.

**Cadence:** I second that. Well, thank you very much for your precious time to join this interview session. I think your personal experience and advice would be absolutely helpful to those who would like to kick start their Youtuber career.

**Arman:** Thank you too, Cadence. I appreciate this opportunity given to me to be featured in the school magazine. And please, guys, GO LIKE & SUBSCRIBE, and stay tuned for my next video about House Drama!

**Cadence:** Looking forward to watching your new video soon! Good luck and all the best!



# WHAT TO DO AFTER HIGH SCHOOL BESIDES COLLEGE?

Edited by: Chua Zhi Yu

Wondering what to do after college? Many seniors transition straight from the halls of college to the university campus, this is one of many paths you can take — so don't grab your shower caddy and head for the dorms just yet. There's no law that says you have to go to university straight away after you graduate from college.

Considering a non-traditional post-graduation path can give you a better sense of purpose for whatever you decide you want to do in life. You can also defer most university acceptances for a year, so you won't have to start from scratch when you return. If you're not convinced though, or have no idea what you'd do with a whole year off, consider some of these alternate post-graduation paths.

01

## Travel Abroad

Graduation means freedom from classwork, exams, teachers, and extracurricular activities. It can be the opportune time in your life to see the world you have spent so much time learning about in textbooks, and put those foreign languages to use. You could have a year to find out exactly what you are interested in, and what you would do in order to make sure your life in university would be worth the tuition. The year after college is the sweet spot to find out what you're really passionate about.

02

## Do Charity Work

While you may have put in some hours after school to volunteer, taking time after high school to really dedicate yourself to a cause is something you should carefully contemplate. Research organizations that are doing important work in the areas you care most about. Spending a significant amount of time fighting for that cause, and being surrounded by professionals in the field can help give you more direction as you think about your future. Interested in helping at-risk youth? Hoping to help more women get access to free healthcare? Want to see what you can do to protect the environment at a local level? With the elections coming up, this may be the time for you to try on your political hat and see if that is an avenue worth exploring. Get involved in your community and see where it takes you.



03

**Save Money**

College is expensive. Beyond the day-to-day living costs, students find themselves paying off debt for years. Instead of heading straight to school, consider a year of work to save up for this pricey academic adventure. We're not saying to set your eyes on your dream job, but starting off small will pay off in the near future when you do set out for school.

Hit up your favorite local shops and retail stores to see if they're hiring or ask around to see if people in your neighborhood need a long-term babysitter or tutor. These kinds of jobs can lead to important personal connections in the future, or a more involved, paid project. You can also search for paid internships that offer openings for students who have deferred college for a year. While it may not be glamorous, this experience could be an important lesson in managing your finances. When you're done, you'll be better prepared for college, and not only because you'll have money in your pocket, but because you'll be armed with the basic principles of financial responsibility.

04

**Go After a Fellowship**

If you are confident you have a great idea, see if there are other people out there who agree. While it's still smart to keep your sights set on college, seek out fellowships that may offer an alternative route. These are competitive, but that's how you know if someone is willing to invest in you and your idea. The time after graduation may be the moment to take off with your vision — and with the support of a fellowship, you will have the financial backup, and often the mentorship, necessary to succeed.

05

**Learn a Trade**

University isn't the only place to further your education. Trade and vocational schools offer a unique opportunity to learn a valuable trade — for a fraction of the price in significantly less time. At the end of your program, you'll earn a certificate of completion and you'll be ready to get a career in your chosen field. This can be a substitute for university, or it can also be a way to get a better paying job while attending university after trade school. There are dozens of fields of study in fields including: graphic design, bridal consulting, cosmetology, surgical technology, personal training, massage therapy, dental hygiene and video game design.



## BSE SOCIETY: GIVING BACK TO EPSOM COMMUNITY

*Written by : Nicholas Lau Jun Hong  
Edited by : Lee Jing Yan*

### T-SHIRT VENTURE

To begin with, the BSE Society has introduced a T-shirt venture with T-shirts designed by Sutri Ng - one of our valuable members. These t-shirts are partially sponsored by a local clothes Company - Oren Sports.

By offering 3 different colours, we hope that our customers can get the colour that satisfies your personal needs and wants. The quote 'WORK HARD PLAY HARD' printed behind the T-shirts is carefully chosen by our members as we truly believe that carving out enjoyment times can give you a major boost at work, not to mention stress reduction which is highly important, especially during difficult times during the Covid Pandemic.



### SELLING EVENTS

Furthermore, the Instant Happiness Cafe has continued to receive popularity during our reopening on 28/1. We also introduced a new promotion in which customers would get a free cookie of their choice by buying two cups of beverages.

On the 26th of January, the BSE Society also sold fortune cookies and new choices of drinks specifically during the Chinese New Year Social to lift up the Chinese new year spirits. All of the drinks were sold out thanks to the zealous promotion of Woorin and Yilai from our selling team.

From the two selling events, we're honoured to announce that we managed to make a net profit of RM300.

Beverages	Cookies
Coffee RM4	Big Country RM
- milk	- Musang King 10
- sugar	- Hazelnut Choco. 6
- Creamer	- Choco 6
Milo RM4	- Oat 6
- hot	- Cheese 6
- cold	
purchase over 2 cups free 1 cookie	Any Two RM 3
- hazelnut choco	- Oreo
- chocolate	- Lexus
- oat	- Tiger
- cheese	- Chipmore

## **BSE SOCIETY FOUNDATION**

With that being said, we have created the BSE Society Foundation in which 20% of our profit would be stored to fund other school events. A proposal that includes a general plan of the event, would have to be written out before we accept the request.

As always, 50% of our profit would be donated to an external charity organization called Malaysian Social Entrepreneur Foundation (MSEF) which aims to advocate social welfare in Malaysia. The rest of the profit would be reinvested back into society to fund future events.

## **DISCUSSION SESSION**

Besides that, please look forward to a discussion session to be conducted by our Vice President - Aisha in March. It will be about "How hidden business practices shape everyday food?!"

## **JOIN US !**

If you are interested in joining us, you can do so by filling in our membership application form ( QR code can be found below). We encourage and welcome you to join us as you'd surely benefit from those experiences you've created with us. To find more information about us, scan the QR code to our website!



Membership Application Form



Official Website

A range of skills can also be improved such as communication, leadership and organization. You'd also have the chance to discuss and discover more about amazing business and economical events happening around the world. Be sure to follow us on Instagram (@epsom\_bse\_society) to be updated on our events!

On that note, we would like to thank you for reading until the end and we promise we'll continue to work hard to strive to do our very best to give back to the Epsom community!



# SO THERE GOES OUR FEBRUARY

Goh Xin Ling

Throughout this term, there have been many school-hosted events ranging from uni fairs to informative sessions held by societies. As Valentines Day rolled around February, the Crawford girls have hosted multiple events, of which the profits were donated to specific charities surrounding Myanmar. A very good job to the girls indeed. As usual, the societies in Epsom have been busy, with the weekly cafe operating from the BSE Society and various topics being discussed. Here are the Society Sessions that have happened this month :

## ScienZ Society

1. The Steps of Outer Space ( Ammar & Andy )

## Violet Society

1. Sexism and Kitchen Culture ( Xin Ling )

## Business Society

1. Epsom Live Talk ( Jing Yan & Jing Xean )

## Humanities Society

1. What's happening in Myanmar ( Molly )
2. What are the implications of Russia taking over Ukraine?

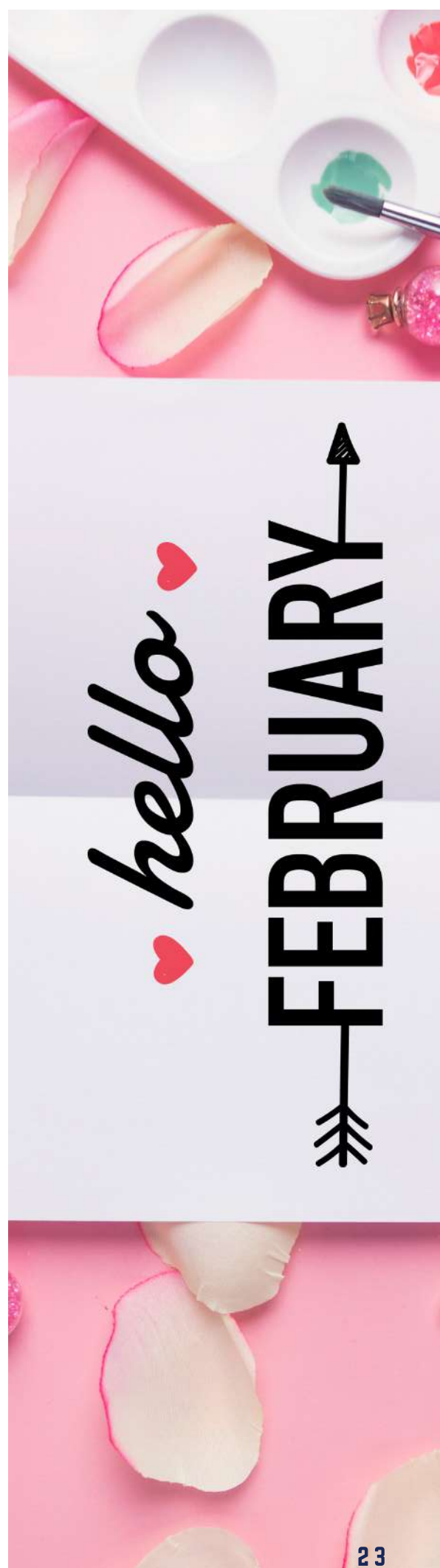
## Comfort Society

1. Comfort in Quarantine ( Kaith )

## Others

1. Medical School Support ( Hiro )
2. MABECS Uni Fairs

Thank you and a great job to anyone that has participated and helped in any societies or events. Do check your inboxes for a weekly bulletin to see what's upcoming and not miss out !!!



# ART CORNER

By Sebastian Seah Yung Kuan





# BROUGHT TO YOU BY

EPSOM INTERNATIONAL  
SCHOOL MALAYSIA

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