

EPSOM MONTHLY

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FOR EPSOMIANS BY EPSOMIANS



A Month Full of Love :
To People & The Earth

@EPSOMSCHOOLMY



**Mrs. Catherine
Kate Carden-
Brown**
Director of
Admissions,
Higher Education
Assistant
Headteacher

Dear Readers,

Welcome to another edition of our Epsom Monthly Magazine!

It has been so busy at Epom of late hence this edition is jam packed full of write ups that will provide insight into the vibrant and dynamic community that is our school! Our community is - like this magazine - delivered by Epsomians for Epsomians! (Kudos to Cadence for the tagline!)

Before beginning this article I wrote my submission for the Year 13 Leavers' Book (Big Shout Out to Bryan for his work on this wonderful souvenir for the class of 2022 that they will one day look back on with fondness - when you do, Year 13, remember to put on the Baz Luhrman song - Feel Free to Wear Sunscreen and think of my assemblies!) and it made me reflect on how much our students do, and how incredibly invested they are in making our community so vibrant and inspiring to be a part of!

This month has seen collaboration between the Violet Society and the Business and Economics Society(BSE Soc). I have enjoyed Violet Soc's

thought provoking quotes relating to Women's History Month attached to the cup of Milo that I purchase on Fridays from the Instant Happiness Cafe sold by the BSE Soc! Last week saw the Sports Society organise a staff v students volleyball match (the staff got thrashed!) and kudos to Viviana and the Crawford Girls for the fun run that they arranged in support of Myanmar.

Millie feels disturbed by the vast amounts of litter that cover the beautiful Malaysian countryside and so she has taken positive action and mobilised the troops, arranging a litter pick. Cadence wants us to better understand Down's Syndrome. Bernie wants to be a vet, and so she arranged for a group of animal lovers to volunteer at a local animal shelter - there were over 200 stray dogs there. It is a charity that funds the establishment that houses and cares for these strays.

At Epsom we value initiative, kindness, respect for nature and the environment and we promote charity. Indeed one of our mantras is 'Happiness is a byproduct of doing something good'. Happiness is not a goal in and of itself but rather is the result of an act of kindness or generosity towards another less fortunate than ourselves. We encourage our students to step outside of their comfort zone for, as Anais Nin famously said, "Life shrinks or expands in proportion to one's courage." We want our students to take action, to be brave and #BETHECHANGE! I am sure that, as you read the articles contained in this edition, you will see how committed our students are to making a difference, to self improvement and to leaving a legacy.

Of course life is a gift - that is why they call it the present (email me if you get this reference!) and while there are many issues to be tackled and much work to be done to leave a legacy and make our world better, we want to have fun and we have enjoyed several socials of late! The Violet Soc hosted a social last night in the Grayling Centre and I compliment them on their choice of music!! I was bopping away in the office!). Yi Chen will share a little more on our whole school social and I am sure that you will enjoy Yee Lim's Art. All this is captured in the pages to come...

So, dear reader, make yourself a cup of something yummy, settle yourself into your favourite chair and read on...There is much to enjoy in this edition!

EDITORS NOTE
CADENCE ONG JING HAN

Hey my dear readers,

Time flies and it is finally the end of the term.

I believe that March has been a super busy month for every one of us. There were so many events happening this month that the Epsom Magazine Society has decided that we are going to make the March issue into **two volumes!** Most of the events will be mentioned in Volume 1 (Issue 06) while Volume 2 (Issue 07) will be all about House Drama - in short, this time, there will be a **special edition for House Drama!**

In conjunction with World Down Syndrome Day, I have included a section with some information about Down Syndrome. Just in case you wonder why was 21 March declared World Down Syndrome Day, the date actually represents the uniqueness of the triplication of the 21st chromosome which causes Down Syndrome. Since I have done a lot of research about this disorder for my EPQ, I would like to raise people's awareness of Down Syndrome in this issue.

I hope all the articles here will either bring back some memories and put a smile on your face or provide you with some extra information.

Happy Reading and stay tuned for the next issue!



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A woman with long brown hair is holding a bouquet of flowers. In the foreground, a large yellow flower is in focus, partially obscuring the woman's face. The background is blurred, showing more flowers and greenery.

BY THE VIOLET SOCIETY

WOMEN'S HISTORY MONTH

“A woman is like a tea bag—you never know how strong she is until she gets in hot water.”

—Eleanor Roosevelt



On Monday the 21st of March, the Violet Society organised a collaboration with the BSE (Business Studies and Economics) Society as well as a charity social to commemorate Women's History Month. With the help of many other members of Epsom, we are happy to say that the event was a great success!

For the past two weeks, the BSE Society has prepared handwritten notes with quotes and facts regarding Women's History Month that they then attached to the coffee cups that contain the hot drinks prepared by their Instant Happiness Cafe. Anyone who purchased hot drinks could read the notes and the information written related to questions at the quiz during the subsequent social event.

During the night, there were activities such as beer pong, karaoke, as well as a Women in History Quiz, which was won by Keira from Year 11!

We were also fortunate enough to be sponsored by the BSE Society, so students were able to help themselves to plenty of snacks throughout the night.

We are delighted to announce that we have raised RM173 in total to donate to Women of Will – an organisation that provides disadvantaged women with an opportunity to lead self-sustainable communities through initiating small businesses.

This is one of the bigger steps that the Violet Society is taking to make ourselves prominent within the Epsom community, so we want to thank everyone who came to the social for supporting our efforts (and Mrs Brown for providing supervision!)

We, the Violet Society, look forward to organising more exciting and successful events in the future, so be sure to look out for further updates.



VOLLEYBALL COMPETITION



By: Molly May Thet Htarr, Nanako Dobashi

On the 11th of March, the Sports Society hosted a volleyball competition, where the students challenged the teachers in an all-out match. The Sports Society had difficulties organizing this event due to many covid restrictions but the members succeeded in getting everyone to anticipate more with this first event.

The students' team were picked by having two students from each boarding house, which was a great method to give all the houses an equal chance to contribute to the match. The teachers' team was just as competitive as the students'. Mr. Wooler did not let us down when he responded to the challenge with the name of the teachers' team, "THE HITS DON'T LIE", and announced the teachers-with-great-middle-names which honestly had us intimidated.

There were quite a number of spectators cheering for the two teams with the BSE Society providing snacks and drinks and offering free bananas to the participants. The match was a great one to watch. The teachers won the first set and had set the bars really high with their intense serves. It took quite some time for both teams to get used to their teammates and it was remarkable for the teachers to start playing without prior practice. The students took over the next two sets and won the match. The scores were really close and everyone showed amazing sportsmanship throughout.

Gaia from Carr House was recognised by his teammates for his incredible skills and great modesty on the team. This was beautifully shown in the way he connected his receives with others' in the rallies. Mr. Arafath also showed great virtue towards other teachers and went after every ball. Of course, we must not forget Mr. Brown who was intently cheering for both teams and having the most fun interacting off the court.

A huge thanks to Mr. De Wet, Mr. Wooler and the teachers who helped make this competition a reality. It was such a great experience witnessing the excitement and the adrenaline! We hope to see more exciting events like this in the future from the Sports Society!

PHOTOS



A SPORTS SOCIETY EVENT



ANIMAL SHELTER



*Money can buy you a fine
dog, but only love can
make him wag his tail.*

-- Kinky Friedman --

VOLUNTEERING AT AN ANIMAL SHELTER



“Imagine yourself wandering aimlessly on a cold, empty, dark street with no money, food or shelter. This is the life of a stray animal.”

It seemed like an extended plan to volunteer at an animal shelter. However, due to the unprecedented moment caused by Covid-19, field trips are mostly cancelled right until recently, when the government is starting to open up borders and we are slowly resuming to the original life.

Due to the ideal student-teacher ratio, the opportunity to visit the animal shelter was only limited to a small group of 7 with Ms. Orpwood and Mr. Harvey as the teachers-in-charge. The shelter I decided to visit was Meefah Animal Shelter, which is about 30 minutes drive away from Epsom. I chose to visit this animal shelter because this was the one where I donated 100% of the profits worth RM 4,870 gained from selling the school t-shirt last year. Besides, I wanted to focus on helping animal shelters that are less popular and have not garnered much public attention yet.

The journey to the shelter was an adventurous one. Thanks to our proficient and skilful driver, Mr. Rajan, we arrived at the shelter safely though we almost got lost upon arriving. When we arrived at the animal shelter, we were welcomed by lots of friendly and enthusiastic dogs of various kinds. Some even hopped on us. While waiting for the person-in-charge to arrive, we mingled around the shelter and played with the dogs. Some dogs were amiable and were desperate to be showered with love and hugs.

Call me silly, but my tears started to flow down my cheek like two rivers flowing when I was petting a dog which I secretly named "Bite Bite" because of how he likes to bite my shirt. Bite Bite's innocent eyes were looking right into mine. The sincerity in his eyes led me to shed tears because there were so many dogs besides Bite Bite that needed love, a place he could call home, an owner he could call his family. At that moment, I felt an intense connection with him and could feel how he was desperate for love and hoping that I would bring him home. Too bad, I promised Mr. Brown earlier on that I would not bring any dogs back to Epsom. (Mr. Brown, if you're reading this, I think Epsom should consider adopting some dogs! Haha)

When Mr. Yong and Aunty Kim arrived, Aunty Kim showed us around the shelter. According to Aunty Kim, the shelter is currently a home for 2,000 dogs and 20 cats which explains how our eardrums were on the verge of bursting each time we took a stroll around the cages.

After a simple tour, it was time to get the ball rolling. Aunty Kim asked us to divide ourselves into smaller groups. For my group, I was asked to clean the storage room which was split with oil and polystyrene remains bitten by rats. Some of us are appointed to sweep the floor while others chip in to rearrange the boring old machines. After cleaning all the polystyrene, we started to scrub the filthy and oily floor with soap. After 2 hours of hard work, the old, dirty storage room looked like a brand new one. We felt accomplished and satisfied with the hard work we put in.

We took a short break by walking around the shelter, and I came across Mr. Yong dipping IV drips for an ill husky which he claimed to have liver problems. Mr. Yong said that since the vet bills and expenses depend on public donation, it is crucial for them to wisely use every penny. So, if possible, simple treatments like vaccinating puppies will be done by himself and the workers at the shelter. The conversation continued by Mr. Yong shared his life experiences as a stray rescuer and how he and his wife, Aunty Kim, would go to a nearby park to feed the strays at night. Mr. Yong said he had been doing this for the past 30 years until he met the founder of Meefah Animal Shelter, Aunty Meefah, who sadly had passed away due to a debilitating illness last year.

After witnessing Mr. Yong vaccinating 3 puppies, we continued to help the other groups clean the cat kennels. We put on our gloves and started to pick up poops and clean the cat sand. In the meantime, Sonya and Elizabeth, who are always obsessed with cats, just had to grab this chance to snap a few photos with the kittens and cats to be kept as memories. After an hour of cleaning the cat kennels, Mr. Rajan arrived at the right time. We took a quick group photo and waved goodbye to the dogs, Mr. Yong and Aunty Kim.

This was indeed a tiring yet fulfilling experience to have. During lunch, my friends and I started to briefly reflect on our volunteering experience. We all agreed that it's heartbreaking to see all the animals deprived of a home in the shelter today. We all took a moment to feel sympathy and empathy for the furry kids there.

I personally feel that overpopulation is an issue that has often been disregarded in Malaysia. Imagine yourself wandering aimlessly on a cold, empty, dark street with no money, food or shelter. This is the life of a stray animal. Stray animals can and should be reduced by all means. One cliché yet effective way is "Adopt, Don't Shop". You indirectly encourage the industry to breed more puppies when there are already numerous on the streets deprived of love and home by purchasing from a pet shop. Remind yourself and the people around you that owning a pet is a lifetime commitment and shouldn't be an impetuous decision. Cases where pets are abandoned by their owners meticulously increase drastically day in and out, especially during the Covid-19 outbreak. We ought to remember that dogs and cats are not toys but living organisms that need love and attention.

Apart from volunteering at shelters, one simpler way to be involved is by showing your support for my upcoming project, the "Trap, Neuter and Release" project in the Epsom community. I will be selling a second edition Epsom T-shirt, and the profits gained will 100% be used to neuter or spray the cats wandering around Epsom. I hope that everyone can help support this initiative so that the number of stray cats and their suffering can be significantly reduced. Together, we can make a difference!



**22 MARCH
WORLD WATER DAY**

**IF MAN DOES
NOT CONSERVE
WATER, THEN
THE LAST DROP
WILL BE TEARS.**



**26 MARCH
EARTH HOUR**

**“EARTH IS NOT
OURS, WE ARE
EARTH’S”**

**— ANAMIKA
MISHRA**



CRAWFURD FUN RUN

By: Chua Zhi Yu

On the 17th March 2022, a group of Year 10 students from Crawford house organised a Fun Run for the students in Epsom. The main purpose of the fun run was to raise funds for two Myanmar-based non-government organisations as aid for local Myanmar citizens. All the profit made would be donated to non-profit organisations in Myanmar – Liberate Myanmar and Karenni Humanitarian Team.

There were two categories for the fun run, the 1.5km casual run for normal students and the 3km competitive run for serious runners. On the day, many students participated in the run to show their support for Myanmar. Some of the students joined this run just to keep fit or to relax after one whole day of school. For the serious runners, this was the time for them to test their strengths and capabilities.

The event began with the casual run and then the competitive one. The competitive run started with the lead of Rion Nakagawa from Carr house, followed by Koutatsu from Granville house. Both of them kept leading the run throughout the race and secured first and second place in the men's competitive run category. The second runner-up was acquired by Max. On the other hand, for the women's competitive run category, Haneesha, Alesha and Yi Lai managed to gain the top 3 spots. Even though the other runners did not secure the top placing, all of them gave their very best to this run.

After the Fun Run, we had a Holi celebration. Holi is a festival of love and colours. People meet others, play and laugh, forgive and forget and repair broken relationships on this day. It originated in India and has become popular outside India over time. During the celebration, students threw coloured powders at each other and their clothes were all stained with colours. Everyone was having fun and laughter was in the air.

The event marked the end by 5:30 pm. We could tell from a smile on the face that all students and staff enjoyed the run and the Holi celebration. The hard work of Crawfordians to host this event was very much appreciated by every member of the Epsom Community. The event has ended, but the memories will always stay in our minds. I would say that this event has not just raised the awareness of students towards the current situation in Myanmar but has also encouraged Epsomians to live as a global citizens by contributing to the global community.

LITTER PICKING

By: Amelia Rose Harvey

A few weeks ago, some Rosebery girls and I went litter picking in Mercato. We were horrified to see the amount of rubbish left by the side of the road, choking and strangling nature. There were Tiger cans, KFC takeaway boxes and many, many single-use plastic cups.

We know any litter removed from a natural ecosystem helps wildlife and creates a better space for us too! This makes it hard to understand why there is litter in the first place. Let's remember: we don't have to be on an organised litter pick to help; we can just pick up any rubbish when we see it and pop it in the bin. This way we're showing pride in our community and making the area a more pleasant place to live.

Of course, we'd only just started when the lightning alarm went off. Sometimes the cosmos has a sense of humour when we humans are trying to help the planet! All was not lost. Ms Pinna lent us hundreds of umbrellas and we continued litter picking on site. Naturally, there was no litter to be found thanks to Epsom's fantastic team of gardeners who keep the campus pristine.

Despite being thwarted by the afternoon thunderstorm, we all felt great to be outside doing something to help.





YEAR 11 SOCIAL

On Friday the 25th of March, the prefects, along with a group of Year 11 representatives had organised a Year 11 Social, starting from 5pm at the Pavillion. As decorations of balloons and streamers were hung up and displayed across the walls and delicious food awaiting them at the kitchen, the social was bound to start with a set of icebreakers. A few rounds of Wink murder and Splat were all it took to warm up the atmosphere as it was played gathered round, on beanbags in a circle.

After the ice breakers, it was performance time, as the dancers of Year 11 headed to the front of the audience and displayed their skills and talent, including a superb dance of "Dynamite" and the spectacular duo of Jing Yan and Sora !! As the cheers of praise and applause died down, the Year 11's were also surprised by a series of clips by their teachers, giving a few words of encouragement for their upcoming examinations . It was soon dinner time, as the group headed to grab some food, whilst some strayed along to the field and formed their own leisure activity. Once over, we gathered ourselves to take a whole year group picture, along with forming our own tug of war competition, the field filled with laughter, determination and teamwork. It was soon dark as we went into the pavilion once more to play quizzes that had been prepared by the Year 11 representatives; guessing the owner of certain objects and who's most likely to!. Finishing the night, we had a game of Among Us that was thoroughly planned out (thanks Keira!) as we played a new game, having lots of fun.

A special thanks to the prefects and anyone else that helped organise, decorate and supervise this social. We had a blast and it was definitely a night to remember!!



SCHOOL CARNIVAL

By: Tang Ee Xing

The word 'carnival' undoubtedly indicates enjoyment and implies an occasion to have fun with friends. It was carnival time at Epsom and it took place on the road in front of the boarding houses. Of course, this school event gave me a much-needed break from my hectic school schedule and kicked off my exciting Easter breaks!

I started my carnival tour by trying my hands at playing games. The "come and catch fish with great prize" game stall was absolutely my favourite as I won gifts from the stall by successfully catching up a fish using the fishing rod! Also, it was really a special game because the students made the props out of their own hands. Subsequently, we went to the poker cards game stall, followed by the "circles covering Captain America's shield" one. There were so many games that I could not try them all out within the limited time I had. But what really caught my attention was the balloon-twisting stall hosted by Bryan and Garrison. Not going to lie, I was really amazed and dumbfounded by their skills. They just spent around one minute twisting out a balloon puppy, a hat or even a sword. Seeing the students on the road with garish colours and patterns of balloons in their hands, I was sure there were sweet smiles hidden under the masks.

School carnival was also a good platform for students to showcase their hidden talents. Rosebery girls have set up a stall to help students with hairdos and face painting. It was cute to see the students tying short ponytails as well as having quirky face makeup, and then being laughed out loud by their friends. Many students, including myself, do not have any professional skills, but still managed to do some very "impressive" hairstyles for their friends. Perhaps the most pleasant thing about the day was the laughter that surrounded the whole campus.



TRISOMY-21

- Accounts for 95% of Down's syndrome cases.
- Caused by nondisjunction
- Takes place before or during pregnancy whereby a pair of chromosomes 21 in gametes fail to segregate.
- Have 3 copies of chromosome 21 instead of two in the cells

TRANSLOCATION DOWN'S SYNDROME

- accounts for about 4% of Down's Syndrome cases
- With total chromosome number of 46 but there will be an extra full/partial copy of chromosome 21 attached to another chromosome (chromosome 13/14/15/22)
- It's also possible for 2 chromosomes 21 to attach to each other

MOSAIC DOWN'S SYNDROME

- Rarest form of Down's Syndrome which only accounts for 1% of all cases of Down's syndrome
- Have fewer traits of Down's syndrome compared to those with trisomy-21 & translocation Down's syndrome.
- Diagnosed when there is a mixture of two types of cells, some consisting of the usual 46 chromosomes while some containing 47 and those cells with 47 chromosomes have an extra chromosome 21

- 21 MARCH - WORLD DOWN'S SYNDROME DAY



INHERITANCE OF DOWN'S SYNDROME

- Only translocation Down's syndrome can be inherited.
- Carrier might show no signs/symptoms of Down's syndrome but can still pass an imbalanced translocation on to the children, causing Down's syndrome in them.

LIFE EXPECTANCY

- Increases from 10 years in the year 1960 to 60 years today
- The reason for the dramatic increase is believed to be due to the end of the inhumane practice of institutionalising individuals with Down syndrome and the advancement of the healthcare system
- Lifespan varies for everyone depending on the severity of their health problems

SCREENING TESTS

- Combined Test
- Amniocentesis
- Chorionic Villus Sampling (CVS)
- Non-invasive Prenatal Testing (NIPT)

APPEARANCE

- Flat & round face
- Small & upwardly-slanted palpebral fissures
- Brushfield spot on the iris
- Cupped/folded small ears located slightly lower on the head
- Shorter in height and stockier

PHYSICAL HEALTH PROBLEMS

- Heart defects
- Respiratory infections
- Gastrointestinal problems
- Vision, hearing & skin problems
- Leukemia
- Joint laxity & hypertonia

MENTAL HEALTH PROBLEMS

- General anxiety,
- Repetitive & obsessive-compulsive behaviors
- Oppositional, impulsive, & inattentive behaviors
- Sleep-related difficulties
- Depression
- Autism spectrum conditions
- Neuropsychological problems



" INCLUSION MEANS ! "

INTELLECTUAL DEVELOPMENT

- Cognitive impairment
- Short attention span, impulsive behaviour, poor judgement
- Pick up languages slower

SOCIAL LIFE

- At least 5 companies in Msia employ individuals with Down's Syndrome
- WorkFit Employment Programme in the UK helps these people access employment opportunities by offering paid work, supported apprenticeships/internships, work experience & voluntary work
- social attitudes have been gradually changing & this enables better integration of the individuals with Down's syndrome into society.
 - Circle of contacts & friends expands through work

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PREFECTS 2022/23

Heads & Deputy Heads of College



Aidan Yunus



Nadhrah Fatihah



Keia Maya Lo



Afiq

Academic Prefects



Jing Xean Lee



Zhi Yu Chua



Cebelle Wong Siu Cheng

Social Prefects



Khai Yue Hoo



Derick Yip Fu Yuan



Elizabeth Budiono

Wellbeing Prefects



Chantelle Liew



Shinnosuke Sakamoto

Service Prefects



Sutri Ng



Tharaaniyah Vickneswaran

International Prefects



Sohta Shimada



Linda Wang Lin Yue



Hui Dawn Ong



Bryan Choo

Admission Prefects

House Prefects

Rosebery



Tiffany Cheah

Granville



Jeonggeun Andy Yang

Propert



Nicholas Lau Jun Hong



Hon Shenn Lee



Over this term, there have been multiple events hosted in our school from tournaments all the way to talks hosted by our internal communities. As during the start of March we have international women's day which was hosted by the girl's Heads of Houses, all of the profits earned during this time will all be directed to Seremban Shelter for women and children. A truly good way to give our money to support those who need help. We as well had the staff against students' volleyball competition to look forward to. As to be expected the societies in Epsom are always working hard like the weekly cafe hosted by the BSE society and the abundant topics that were discussed. Below are the talks and events hosted by our societies that took place:

Environment Society

- Animal Rights (Jing Yan)
- Aluminum (Diana and Sora)

Humanities Society

- Russia and Ukraine: the Dispute (Dhiviya and Linda)
- Is Watermelon A Fruit or Vegetable? (Ryan and Husen)

Sports Society

- Volleyball competition

Violet Society

- The Wage gap (Jing Yan)
- Women's History Month Social

Comfort Society

- Comfort Food (Molly)

ScienZ Society

- Boundaries of Human Travel in Space (Andy and Ammar)
- The Science behind Natural Disasters (Jeng Xin)

BSE Society

- How Hidden Businesses Shape Everyday Food (Aisha)

Others

- Epsom Uni fair
- International Women's Day
- World Book Day
- Personal Statement Workshop
- Medical School Support (Hiro)
- International Trivia Competition
- MABECS Student University Fair

Thank you and congratulations to whoever has taken part in and helped in any societies or events. Do check your inboxes for the weekly bulletin to see what's upcoming so you won't get left out. I hope you all had an enjoyable month at school and see you after the term break!

ART CORNER

By: Tan Yee Lim





BROUGHT TO YOU BY

EPSOM INTERNATIONAL
SCHOOL MALAYSIA

EDITOR IN CHIEF

Cadence Ong Jing Han



ASSOCIATE EDITOR

Goh Xin Ling

ART DIRECTORS

Cadence Ong Jing Han

Goh Xin Ling

COVER BY

Cadence Ong Jing Han

WRITERS

Cadence Ong Jing Han, Goh Xin Ling,
May Thet Htarr (Molly),
Amelia Rose Harvey, Chua Zhi Yu,
Sebastian Seah Yung Kuan

PHOTOGRAPHER

Yi Chen Lee

CONTRIBUTORS

Ms.Catherine Kate Carden-Brown,
Bernie Tan Wai Ling, Nanako Dobashi,
Tang Ee Xing, Tan Yee Lim

@EPSOMSCHOOLMY